

Resources on the Journey

from Fear to Love

a workshop for women who want to live more fully

April 23 & 24, 2010

9:30 am-4:30 pm both days

The greatest threat today on the planet is the siege of fear which most people feel. Sure, the threats are global warming, overpopulation, power-crazed governments, our unjust health-care industry and the market-driven (fear-driven) nature of the economy. So how does all of this impact us?

Fear galvanizes our nervous systems into flight, fight or freeze reactions. Many of us live in a constant hyped-up state— chronic fear. Fear isolates us and shuts us off from our best selves. It is a barrier to loving and living fully.

During this workshop, participants will access the wider, less dominant sides of our personality through the **Jungian** concept of the shadow (the underdeveloped, perhaps even unknown aspects of ourselves), and the **Enneagram's** inner soul child. We'll explore how we hold fear in our bodies and create responses to our reptilian brain's flight, fight and freeze responses. Mining the resources available to us in the hollows of our inner landscape, we can travel paths toward bold living and expansive loving.

We'll weave poetry, inquiry and ritual during our two days together and conclude our time on Saturday evening with a "Shadow Party" and potluck. The cost is \$275 per person and includes workshop materials and lunch on Friday (Saturday lunch is on your own). Location: *CommonLight Meeting Place, Black Mountain, NC*. Out-of-town participants will find lodging at area motels and B&Bs. For information about the workshop or lodging, call 828-684-2339 or email sandracsmith@charter.net.

Workshop Facilitators



DEMARIS WEHR, Ph.D., has taught religion, psychology, and women's studies for many years in seminaries in the Boston area, notably at Harvard Divinity School, Episcopal Divinity School and Andover Newton Theological School. She has a private practice in psychotherapy on Martha's Vineyard.



SANDRA SMITH, M.Div., is a certified Enneagram teacher using this system as a tool for personal and spiritual growth, dissolving patterns that prevent authentic connection with self and other. She facilitates type and study groups, and works one-on-one with individuals as an Enneagram consultant and spiritual companion.

"There are only two actions: love and fear. Only two motives, two responses, two procedures— love and fear.

Lunig

What would you do, in this very moment, if you were completely fearless?

Registration is due by April 18, 2010.

REGISTRATION FORM

NAME

TELEPHONE

ADDRESS

EMAIL

ENNEAGRAM TYPE (IF KNOWN)

MYERS BRIGGS (IF KNOWN)

Make check payable to **Alchemyworks** and mail to
PO Box 1419, Skyland, NC 28776