

Focusing
An Inner Journey
to Healing and Wisdom
Sue Hann, & Bev O'Connor

Tuesday, March 20, 2018
9:30-11:30 a.m.

"Focusing is a natural skill that many of us have to learn to access/ It's a way of being in touch with how we carry important issues inside ourselves, of listening to our body with compassion... and befriending what's going on inside"
(an introduction to Focusing and its use in Spiritual Direction by Lynne Brown).



How can we learn to be present to our body? How can we listen to its wisdom? Focusing teaches us to become aware of how our body communicates with us through sensations, images, words, and /or sounds. Nurturing this relationship can be insightful and healing. Participants will be introduced to Focusing and being the process of learning how to listen and nurture a relationship with their body.

Presenters:
Sue Hann
Spiritual Director, Facilitated Supervisor for Sacred Ground,
Pediatric Occupational Therapist

Bev O'Connor
Spiritual Director, Certified Practitioner in Healing Touch Spiritual Ministry;
Blueberry Grower

Place: Carondelet Center, 1890 Randolph Ave, St Paul
Fee: \$15 Sacred Ground Students
\$25 Sacred Ground Members
\$35 Non-Members
Checks or cash only, please
Contact: Sacred Ground 651-696-2798 or sacredgroundspirit.org

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