

LIVING THE AUTHENTIC LIFE:

Taking Care of Your Creative Dreams

YOU GAVE YOUR TIME, MONEY, ENERGY
AND LIFE FOR THE PERSON YOU ARE TODAY. WAS IT WORTH IT?

Each one of us is born with an internal map that is designed to lead us through life. Separation from our inner compass brings great pain to our lives. We feel confused and lost. We wonder if there is more to life than just working, paying bills, sleeping and eating.

We try to adopt other people's ideals to make up for our emptiness such as saving the planet, raising kids or being of service. However, we still wake up with a sense of meaninglessness and deep sadness. Other people's dreams for us, though noble and important, can never replace our individual path with its own unique gifts and challenges.



It is our life task to find our map. Charting a life that reflects our deepest longings and dreams is a vital ingredient in keeping our life and our health running smoothly. It fuels us with positive energy, aliveness and a bigger sense of purpose.

Join like-minded souls for a weekend of dynamic exploration of what it means to create an authentic life:

- Learn how our longing, fantasy, jealousy and envy serve as bridges to our authentic self
- Recognize and transform the dream stealers of procrastination, perfectionism, fears and conformity
- Distinguish between authentic dreams and distorted fantasies.

WORKSHOP TECHNIQUES:

Self-inquiry, question and answer periods, meditation, chanting, role playing, group discussion, speaking truthfully and listening fully.

WORKSHOP FACILITATORS:

Rick Phillips and Hwee-Meng Tan share a passion for healing and transformation of human consciousness. Their work reflects the principle that the "healer lies within." Both of them blend traditional and innovative ways of healing, gathered from an extensive background in meditation, shamanism, energy healing, and various psychotherapeutic disciplines. They are committed to providing participants with a safe and supportive environment for self-exploration and self-awareness.