



Spiritual-Self



# FROM DIFFICULTY TO LIBERATION

All of us have been touched by pain. Failure, rejection, betrayal, tragedy and loss are common human experiences. The unpredictability of life can leave us feeling overwhelmed and powerless. We feel victimized, we want to lash out in anger and hate or we go into blame and judgment. We may even build walls of isolation against life experiences in order to protect ourselves from further hurt and pain.

There is a wiser response to the inevitable difficulties in life. In this workshop, we will see with clarity that challenges and hardships are not our real enemies. What imprison us are our own fears and judgments of pain. We will learn the art of embracing our dark moments to manifest more of our own spiritual light in order to start healing ourselves and then, the world around us. We transform into spiritual warriors!

Rachel Kaufman is an internationally known psychospiritual facilitator and teacher. Along with her husband, Rick Phillips, she co-founded the Deva Foundation to help raise the consciousness of the planet through individual healing session work and Deva professional training programs. To learn more about Deva Foundation, please go to [www.deva.org](http://www.deva.org).

Rachel Kaufman has been involved in many charitable and social actions. Her latest project is the CREATIVITY FOR PEACE CAMP. For more information, please go to [www.creativityforpeace.com](http://www.creativityforpeace.com).

Rick Phillips has been a psychospiritual practitioner for thirty years. He is co-founder of Deva Foundation, where he works as a facilitator. Rick is a practitioner of Chinese medicine, and has taught meditation practices. Rick has worked in Israel during the Gulf War, with Holocaust survivors in Germany and Poland, and has taught throughout Europe. Rick has also written two books, *Windows to the Soul* and *Healing Communication*.

## EVENING LECTURE

Date : Nov 13, 2009 (Friday)

Time : 7.15 – 9.45 pm

Fee : Member \$25  
Non-member \$35

Venue: 83 Pheng Geck Ave

## WORKSHOP

Date : Nov 14-15, 2009 (Sat-Sun)

Time : 9.30 am – 5.30 pm

Fee : Member \$340  
Non-member \$355  
incl. 2 lunch & 1 dinner

Venue: 83 Pheng Geck Ave

## ENQUIRY

Email : [llsing@singnet.com.sg](mailto:llsing@singnet.com.sg)

## ORGANIZER

Lapis Lazuli Light (Singapore)