

The Cutting Edge, Innovative Workshops proudly presents:

Exploring the Interface of Spiritual Practice & Therapy

A Workshop by
Lama Mark Webber



Come and spend two days in contemplative practice, teachings, meditation and inquiry
with a well known and respected spiritual teacher!

September 13 & 14, 2008

(Saturday 9:00 am to 9:30 pm and Sunday 9:00 am to 5:00 pm)

At UBC–Vancouver School of Theology

The Retreat and Workshop will cover these topics and more

- The importance of having a model for spiritual development
- How not to confuse spiritual practice with therapy
- When is a psychological breakdown a spiritual breakthrough?
- Differentiate between the spiritual process & psychological process & where do they interface
- How to work with & recognize spiritual content when it arises in therapy thus creating a safe container for the experiences to unfold.
- Mindfulness as a state of attunement and resonance and as a tool / technique for clients & therapist
- Spiritual Wisdom - The ability to get beyond the psychological story of me
- Pitfalls of spiritual practice & the pitfalls of therapy
- Signs of real spiritual awakening and manifestations of extreme neurosis and psychosis in meditation
- The difference between technique and the actual state of meditation—how we can easily go astray

\$375 Workshop rate (earlybird special is \$350)