

*"There is something within me that knows more than I know. Trusting it can only result in healing."*

Anne Wilson Schaef

## About the venue

Karuna Sanctuary is in Katoomba, in the beautiful Blue Mountains, west of Sydney. The Sanctuary covers 375 acres of mountain bush land. Sleeping accommodation is basic, yet comfortable, with mostly single rooms and some dorms.

## What to bring

- Your own bedding and towel
- A lap-rug or blanket for group sessions
- Torch
- Personal effects

## Background Information

If you would like further information on Living in Process® we suggest the following books by Anne Wilson Schaef. If books are unavailable in your area, we keep a supply on hand for sale.

- *Daily Reminders for Living a New Paradigm*
- *There will be a Thousand Years of Peace and Prosperity and they will be ushered in by the Women*
- *Becoming a Hollow Bone*
- *Living in Process*
- *Beyond Therapy, Beyond Science*
- *Meditations for Living in Balance*
- *Native Wisdom for White Minds*
- *Meditations for Women Who Do Too Much*
- *Escape from Intimacy*
- *When Society Becomes an Addict*
- *Codependence Misunderstood, Mistreated*
- *Meditations for People Who (May) Worry Too Much*
- *Women's Reality*
- *The Addictive Organization* (with Diane Fassel)

Visit our website at [www.livinginprocess.com](http://www.livinginprocess.com)

There is also a LIP Weekend being held in **Christchurch, NZ** from February 9-11 2018. For more information go to the Schedules page on the LIP website.

# Living In Process® Weekend



Katoomba, NSW

Wed 24<sup>th</sup> to Sun 28<sup>th</sup> January 2018  
(4 days)

Fri 20<sup>th</sup> to Mon 23<sup>rd</sup> April 2018  
(3 days)

Fri 8<sup>th</sup> to Mon 11<sup>th</sup> June 2018  
(3 days)

Fri 28<sup>th</sup> September to Tue 2<sup>nd</sup> October 2018  
(4 days)

Anne Wilson Schaef Ph.D, world-renowned writer, native elder, and teacher, has pioneered a new (old) approach to living and healing, called Living In Process®, which she teaches throughout the world.

*"I believe living in process is necessary for the healing and preservation of the planet and everything on it. We did not start out in this work to heal the planet. We all came into it to heal ourselves and now it is obvious that there is no way to heal the planet unless we first start with healing ourselves. We are after all a part of the planet."*

Anne Wilson Schaef

Living in Process® work is not therapy, nor is it based on the scientific model out of which therapy comes. It is a **way of living** that is based on holistic science, rather than the limited technological model of western culture. Connected with traditions of native cultures, it is community-based, participatory, safe, respectful, and spiritually-grounded.

## The Weekend Offers

Living in Process® Weekends offer an opportunity to learn about a way of life that focuses on healing and offers a path for spiritual growth. We have an opportunity to live in process and in community while learning to confront our addictive processes and behaviours. Our focus is on holistic healing.

### Your Own Pace:

An opportunity to create and participate in a respectful community environment where work on personal and professional issues proceeds at our own pace.

### New Learning and Conceptualising:

An emphasis on 'Living in Process' which focuses on being present to ourselves and others in the moment; owning our own "process"; and working through past and/or present feelings that have been denied, suppressed, or distorted. There will be opportunities to experience deep process work in a safe, supportive environment.

### Notice and Name Addictive Processes:

An opportunity to notice and name addictive behaviours and processes and see how they affect our lives; to support new levels of honesty and recovery within ourselves and with others. The weekend will provide options to look at culturally-supported addictive processes such as relationship, romance and sex addiction, workaholism and money issues, as well as ingestive addictions (food, alcohol, drugs). We will see how we can use addictive behaviours to avoid our feelings, prevent us from being present to others and ourselves, and block our spirituality.

### A Flexible Agenda:

The weekend includes time for relaxation and reflection, sharing, play and laughter, in a quiet, peaceful setting. For those who wish, there will be an option to call or attend 12-step meetings.

## Facilitators

The weekend will be facilitated by people who are part of the Living in Process Community, are doing their own healing work, and have extensive experience in Living in Process®.

## Details

### When:

From late afternoon/dinner on the first night to after lunch on the final day.

### Venue:

More details about Karuna Sanctuary will be provided upon registration (see above).

### Cost:

\$565.00 (3 days) and \$745 (4 days) - covers registration, meals and accommodation

### Children:

Children are welcome and pay for food and accommodation only, at a reduced rate. Please contact Joe for details.

### Registration & Payment:

Payment can be made via cheque, money order or direct deposit. Please contact Joe for banking details.

### Enquiries:

For further information please contact: Joe Hughes on 0421 757 347 or via [hughesj80@hotmail.com](mailto:hughesj80@hotmail.com)

Website: [www.livinginprocess.com](http://www.livinginprocess.com)

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Name(s) & age of any children accompanying you \_\_\_\_\_

### Special Dietary Requirements:

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> Gluten Free            | <input type="checkbox"/> Sugar Free |
| <input type="checkbox"/> Dairy Free             | <input type="checkbox"/> Vegetarian |
| <input type="checkbox"/> Other (please specify) |                                     |

### Payment Enclosed For:

<input type="checkbox"/> LIP Weekend Fee (3 days)	\$325
<input type="checkbox"/> LIP Weekend Fee (4 days)	\$395
<input type="checkbox"/> Food & Accommodation (3 days)	\$240
<input type="checkbox"/> Food & Accommodation (4 days)	\$320
TOTAL (3 days)	<b>\$565</b>
TOTAL (4 days)	<b>\$715</b>

I wish to reserve my place at this Living in Process Weekend and I acknowledge that in attending a Living in Process Weekend I am not seeking therapy, psychotherapy, counselling or group therapy from Wilson Schaef Associates or members of the Living in Process community.

Signed \_\_\_\_\_ Date \_\_\_\_\_