

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

Anne Wilson Schaef

## About the venue

Rydal Mount is a quiet, cosy retreat centre in Rydal, near Lithgow. Accommodation is in shared or single rooms (depending on numbers). For more information about the venue go to [www.rydalmount.com.au](http://www.rydalmount.com.au). See more information about Rydal village below.

## What to bring to weekends

- Lap-rug or blanket for group sessions if you wish
- Other personal effects
- Full bedding is provided at Rydal Mount.

## Background Information

If you would like further information on Living in Process® we suggest the following books by Anne Wilson Schaef. If unavailable in your area, we have books for sale at the weekends.

- *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)

# Living In Process® Weekends



Thu 15<sup>th</sup> to Sun 18<sup>th</sup> April 2021

Thu 19<sup>th</sup> to Sun 22<sup>nd</sup> August 2021

Thu 11<sup>th</sup> to Sun 14<sup>th</sup> November 2021

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

Sadly, Anne passed away at the start of 2020.

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 Weekends/One Day 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 participate in a respectful community environment where work on personal 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 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/day 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 feelings, prevent us from being present to others and ourselves, and block our spirituality.

### A Flexible Agenda:

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

## Facilitators

The weekends 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:

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

### Location:

The village of Rydal, near Lithgow is described as a "tiny and unique village, listed as a heritage site, set in magnificent countryside. Rydal remains a quintessential rural village with its invigorating climate and fresh air." See venue information above.

### Children:

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

### Registration & Payment:

Registrations and payment are due **two weeks prior**. 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"/> Vegan       | <input type="checkbox"/> Other (please specify) |

### *Payment Made For:*

- |   |       |
|---|-------|
| <input type="checkbox"/> LIP Weekend fee          | \$325 |
| <input type="checkbox"/> Food, accom, venue (Apr) | \$330 |

**TOTAL** **\$655**

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 Schaefer Associates or members of the Living in Process community.

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