



Divining the Body

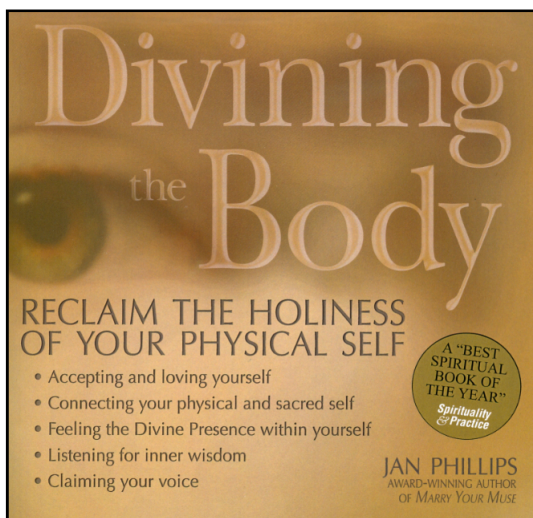
An Experience of the Sacred Self

A Workshop Retreat with
author/artist/activist

Jan Phillips

How we feel about ourselves affects our emotional, spiritual, and physical health. If we dwell on what's wrong instead of what's right, we experience dis-ease. We set up conditions for a compromised immunity that can contribute to emotional and physical disease. This workshop explores our beliefs about the body — where they came from, how they affect us, and how we can free ourselves from their constraints.

Once we re-think our belief systems and understand how our attitudes have been shaped, we can let go of concepts that do not serve us and establish positive and supportive value systems. Being in dialogue with each other strengthens our ability to heal ourselves, understand our common experiences, and create a nurturing community. Through writing, video, storytelling, and interactive exercises, participants journey inward, discover their own wellspring of wisdom and power, and learn ways to live from this source.



- Explore your belief systems about the body
- Engage in story-telling and creative exercises that liberate your thinking and expand your consciousness
- Reawaken your senses and open up to the power of reative alchemy
- Experience your body as a medium through which the Divine expresses Itself
- Choose and commit to beliefs that support your health and well-being

Jan Phillips is a writer, speaker, and national workshop director. She is the author of *Creativity Unzipped*, *There Are Burning Bushes Everywhere*, *No Ordinary Time*, *The Art of Original Thinking*, *Divining the Body*, *God Is at Eye Level*, *Marry Your Muse*, and *Making Peace*. Jan is co-founder and Executive Director of the Livingkindness Foundation and responsible for the Livingkindness Learning Centre in Kadunah, Nigeria. She is a performing artist with 3 CDs of original music and several videos that provoke original thinking and prophetic action. For more info, www.janphillips.com.