



REV. ZOE



DR. ERIC



DR. KATINA



FOR/Giving

a radical workshop in practical forgiveness

with *Rev. Zoe Inman and Dr. Eric Rubin*
Hosted by *Dr. Katina Manning*

Saturday, February 28th, 2015 • 1 to 7pm
Duxbury Senior Center • 10 Mayflower Street, Duxbury MA, 02332

Every one of us has been hurt, abandoned, damaged, wounded, injured, maimed, mangled or “betrayed” by someone or something at some point in time. This is an inescapable aspect of life on planet earth. How do we want to respond?

We can contract in bitterness, anger, indignation or resentment. We can embrace the crack pipe of blame. We can identify ourselves as victims or survivors of wrongdoing. We can sink into depression or despair. We can bemoan our fate and beat our sunken chests about the evil we perceive in the world... Or we can chart a radical new course and set sail on the good ship “FORGIVENESS!”

Forgiveness is the process by which we actively chose to open rather than close in the face of life’s inevitable insults. No matter what has happened to us in the past, no matter what depth of suffering we have endured (or doled out), forgiveness is the creative capacity to be at full-fledged peace in the present moment. Forgiveness is a decision that we

make to release the poisons of blame, resentment, anger and grievance from our bodies, minds, hearts and souls. It is an action taken to break the cycle of continuous violence and retribution that has dominated so much of human history. Freedom is choosing what we do with what has been done to us. Forgiveness is realizing it was actually done FOR us.

Come join us as we explore the process and possibility of fully accepting, letting go, opening the heart, healing the hurt and forgiving what we are ready, willing and able to forgive. Be prepared to *move, breathe, touch, journal and express yourself as you go to the edge of what you deem ‘comfortable’*. Be fearless and set yourself FREE! Give yourself this gift!

Please bring the following items with you to this seminar:

- a comfortable blanket
- a pillow or meditation cushion to sit on
- a journal or writing tablet and a pen
- a water bottle and light snacks to keep your energy levels just right!

INVESTMENT: \$150 (\$200 after February 14th)

TO RSVP AND PAY Online: www.wellspringchiropractic.org/seminars.html

By Check: Make checks payable to Wellspring Chiropractic and Family Center

Drop off or mail to: Wellspring Chiropractic and Family Center • 178 Saint George Street, Duxbury MA, 02332



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