

SPIRITUALITY AND HEALING WITH THE DAYS OF AWE

“A time of turning both inward and outward as we do the sacred work of personal transformation and healing.”
T’shuvah.

The Days of Awe are some of the holiest days of the ancient, Jewish, yearly cycle of time. They are days of deep reflection and change, t’shuvah, a time of turning both inward and outward as we do the sacred work of personal transformation and healing. Like the Days of Awe, the goal of this retreat and workshop is to reconnect us to the essential Unity and Love behind all things, and help us move forward in the sacred work of healing and transforming our broken selves, relationships, and lives, into loving, creative expressions of our unique gifts, talents, purpose, and joy!

As our workshop begins on the Sabbath, the Jewish sacred weekly time of rest and spiritual replenishment,

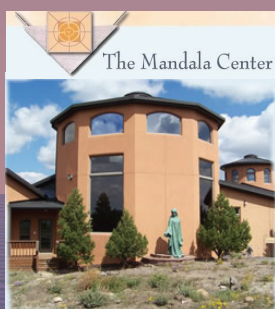
We will begin with a sacred time of welcoming one another in the spirit of the Sabbath, a time of joy and remembering how much we are loved by the Unending Love of all space and time.

From this sacred time of connection and reconnection, we will move into the work of the workshop: guided explorations into our personal areas that need healing, and teaching healing frameworks and practice that help us let go of the past and transform our lives, grounded and balanced by the Kabbalistic Tree of Life. We will use energy medicine practices and journaling in our work together.

Do you have difficulty finding the time and space for:

- deep reconnection to your loving, vital, spiritual nature?
- catching your breath from the busyness of life?
- reflecting on the changes you desire to make in your life?
- learning new skills to move forward to know and express your greatest talents and potential?

Join us for a weekend retreat and workshop to heal, inspire, enrich, and bring renewal and celebration into our lives.



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Sept. 30 – Oct. 2, 2011

\$360.00 plus room and board

Mandala Retreat Center

Des Moines, New Mexico

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Joalie Davie, MD is a physician who cared for over 25,000 patients as an emergency physician in the first half of her career and served on the clinical faculty of Harvard Medical School teaching physicians and students. For the past 15 years, Dr. Davie re-directed her practice to complementary and integrative medicine. She blends powerful healing techniques from modern science and ancient wisdom to help her clients heal from trauma, loss, depression, and pain, and to empower them to heal with ease and grace.

She is founder and director of Health From Within, LLC, A center for health, wellness, stress reduction and community.

About The Presenters



Harriet Cooke, MD, MPH, ABHIM is a physician who practiced general medicine for 15 years before focusing on the holistic and integrative treatment of spiritual and mental health. She is a lay leader in her Jewish Renewal community, and teaches classes and workshops on meditation, spiritual writing, Kabbalah in everyday life, and energy medicine. She is the author of the book, *Ghostwoman*, a memoir about the difference between mystical experience and mental illness, and the importance of understanding this distinction. She is currently working on the sequel, *Journey of Love*, a story about energy medicine, sustainability, mental health in turbulent times of transition, and the ever presence of God and Love in our lives.

