

The I of the Storm

Embracing Conflict, Creating Peace

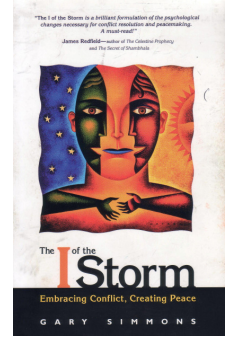
Presented by Rev. Pat Bessey, Church Consultant for
Eastern Region of the Association of Unity Churches

International

Sunday, March 21, 2010

12:30 – 3:00

At Unity Church of Central Massachusetts



What if everything in your life — every judgment, every failure, every obstacle, every conflict, illness, and loss was really about exposing your capacity to make the difference — grist for the millstone of your own becoming?

And, what if you really knew the difference between you and your experiences, that you are not your experiences? You *have* experiences, but experiences don't have to have you. What difference would you make when your way of relating was inspired by who you are, who you have come here to be, instead of what's happening to you?

This workshop presents a heart intelligent approach to transforming any situation into opportunities for personal healing, awakening, and empowerment.

Participants will learn how to:

- Recover from judgment and criticism
- How to dismantle the belief that someone or something is against them
- Gain relevant skills for dealing with stressful situations

Pat is an ordained Unity Minister, Certified Business and Personal Life Coach, Church Consultant, Certified Peace Worker with the Association of Unity Churches International.

Offered on a Love Offering