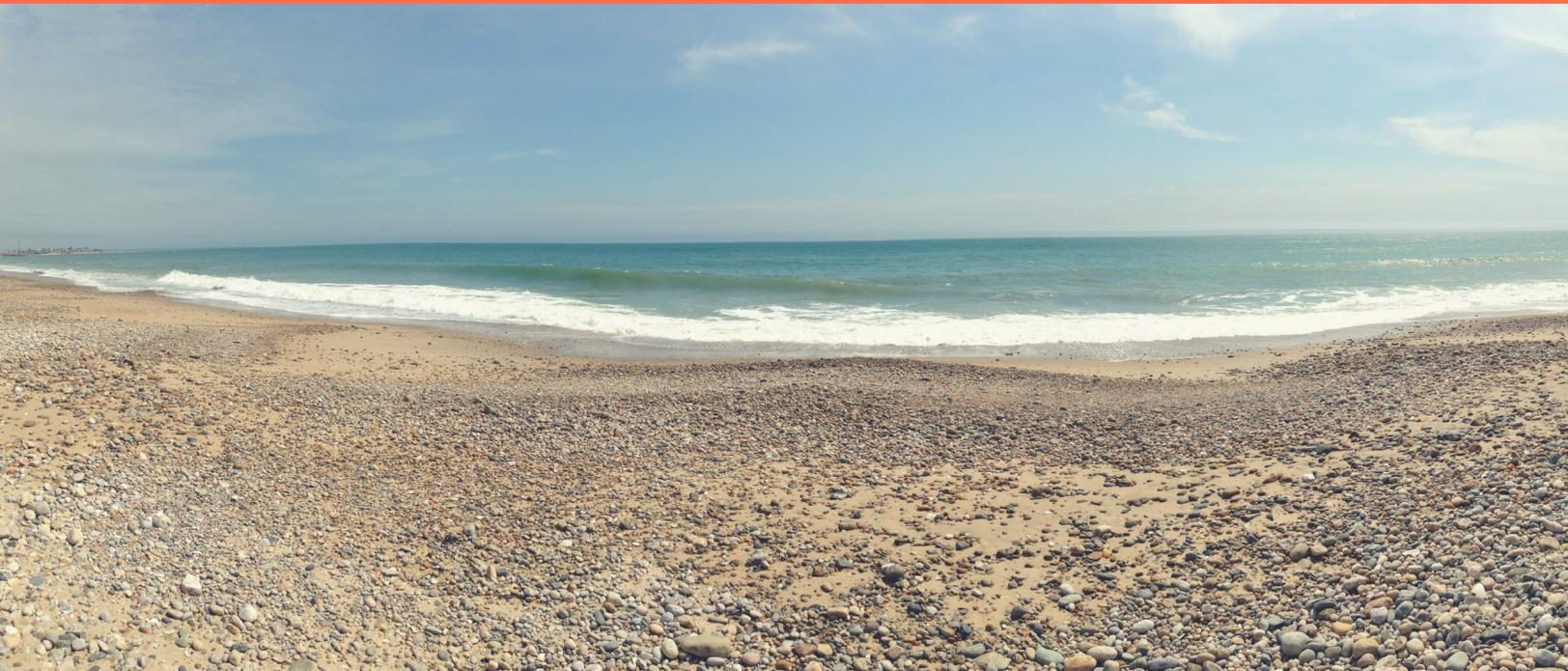


Annual self-reflection weekend

# EXPLORING YOUR WAY OF BEING: A PERSONAL GROWTH WORKSHOP



DATES- APRIL 27-29, 2018  
LOCATION- MATUNUCK BEACH, RHODE ISLAND  
COST- \$195 PER PARTICIPANT

GROUP MEETINGS-  
FRIDAY, 4/27, 7-9 PM  
SATURDAY, 4/28, 8:30-11:30 AM, 2:30-5PM, 7-9PM  
SUNDAY, 4/29, 9-11:30AM

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The weekend “Exploring Your Way of Being: A Personal Growth Workshop” is designed to encourage you to talk about what is most important to you in your life. And more importantly, it is designed to give you space to examine what you need to do to nourish yourself emotionally, to replenish your soul, to challenge yourself and take risks to “do yourself” in ways that best fit your needs at this point in the school year (if you are in education) and/or at this point in your life. For example, some people might need more alone time and walk the beach every chance they get. Others need community, while others want to serve the meals, or do the cleaning of dishes, or do the cooking etc. Through a specific self-reflection process that you will be taught, you will learn to observe your thought/feeling/perception process. If you try on a newly discovered “part of you,” you will become aware of how you are living your life and how you want to live it.



### **Accommodations**

The Admiral Dewey Inn\* or Meyer House in Wakefield, RI

Sign up early for a room, as the weekend is at the beginning of busy season. \*The Admiral Dewey Inn will give us discount prices. Let them know you are attending our event. (Ph. 401-783-2090)

### **Activities**

During the weekend you may want to take time to ride bikes, walk through the National Wildlife Refuge which is just down the road, roam the beach or sit on the porch and listen to music and read. There are also nearby salt ponds for kayaking. So, come and relax. Have fun. Learn. Grow with a group of fellow explorers of the inner life.

### **Meals**

For food and drink we decide together and cook and/or go out for dinner. Usually bagels and fruit are available in our kitchen for breakfast. Some participants bring their own food and sometimes bring food for all of us.

This retreat/workshop is influenced through my experiences during my career with: Joyce and John Weir; Carl Rogers; Eugene Gendlin; Ken Wilber; Michael Murphy; George Leonard; Junpo Kelly Roshi, Mondo Zen Teacher; and Dan Brown, Tibetan Buddhist, Mahamudra Teacher.

## Structure (What to expect)

“Exploring your Way of Being” weekend will have as its core, five 6 to 8, two hour group meetings. The purpose of the group meetings is multifaceted. It provides time and space for people who wish to talk about why they signed up and how they feel being there. Discussions may include personal issues that are most important to the participants, places in their lives where they wish to grow or places that feel stuck or unsatisfied. It is a precious opportunity to talk in a confidential setting about what they experience as impediments and growth opportunities in their lives and work. Short presentations may be given on meditation and percept language.

Essentially the weekend is designed to allow you space to “be with” yourself in a retreat setting. You will be given short times to practice meditation. Interspersed are times for quiet walks on the nearby beach. There will be opportunities to individually reflect throughout the weekend using resources, such as The Runes, The I Ching, The Enneagram, and Archetypes. There will also be time for play, preparing, planning and eating meals together, listening to music, etc.

## Process (What to expect as a participant)

You will probably find the weekend therapeutic but it is not therapy. You might find you learn through sharing your thoughts and feelings or by listening to others as they share about their journey through life. Or you might like to both listen and share. As members you are asked only to “be with” each participant as they share whatever they want to share with us. Listening deeply to others as they share can be quite powerful and growth promoting, whether you are the person sharing or you are the person listening. The group meetings are simply a time to say to others what your life is like inside you. When someone talks, we do not have to do anything but listen and let the person know we understand or are trying to understand. None of us need to focus on fixing anything. Rather, this is an opportunity to simply look deeply within and share what you see. In my experience, what we usually need from others is for them to “be with” us as we share ourselves.

In this workshop there is no need to work on changing or fixing anything. You are invited to just LOOK, and when you are ready, report out what you see going on within yourself. The main invitation is to take the time to simply notice and explore “your way of being” during the weekend. It may be that you come not needing to share very much. You might need time just to be, observing yourself and others. No one is expected or required to do anything or talk about anything. If you find that you need alone time, or reading time, or walking time, trust those “heart felt” needs. If you need to come to a meeting late or leave early to be alone and reflect, you are strongly encouraged to follow “your way of being.” You will be supported here to be you.