

Loving What Is: The Work of Byron Katie

"Byron Katie's Work is a blessing for our planet. It acts like a razor-sharp sword that cuts through illusion and enables you to know for yourself the timeless essence of your being."

Eckhart Tolle

"Byron Katie is one of the truly great and inspiring teachers of our time. I encourage everyone to immerse themselves in The Work."

Dr. Wayne Dyer

The Work is a simple yet radical and life-changing process that involves questioning the thoughts that are causing you stress. "My partner doesn't appreciate me." "My children are disobedient." "I hate my job." "My life would be better if..." Thoughts like these pass through our minds throughout the day, causing stress, anxiety, fear, anger, and depression. You can learn a simple way to clear the mind and move from fear to freedom, from anger to joy, and from confusion to clarity. Anyone with an open mind can do The Work. Learn how to use The Work in your own life and as an effective tool with clients. The Work helps you to:

- manage stress no matter how intense it is
- receive criticism from others without feeling attacked
- repair relationships in all walks of life
- experience greater joy and peace in your life

Required text, *Loving What Is: The Work of Byron Katie*

Jennifer Deraspe, MS, is an Institute for the Work trained Facilitator of The Work of Byron Katie and uses The Work to undo her own stressful beliefs. She offers this tool to clients and leads through her business, Nurture Through Nature. She is also a certified Hatha yoga instructor and adjunct faculty member in the USM College of Nursing and Health Professions

When: Monday and Tuesday, October 26-27, 9 a.m. – 4 p.m.

Fee: \$265 (12 contact hours/1.2 CEUs)

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