



Loving What Is: The Work of Byron Katie as facilitated by Jen Deraspe

"In Loving What Is, you have the key. Now use it." Eckhart Tolle

The Work is a simple yet radical and life-changing process that involves questioning the thoughts that are causing you stress. "I should have more support...People should listen to me... There is something wrong with me ...I don't have enough time...People should respect me...I need more money...You shouldn't have left me..." Thoughts like these pass through our minds throughout the day, causing stress, anxiety, fear, anger, and depression.

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, and in this dynamic evening workshop series, participants learn how to use The Work in areas of their lives causing pain, separation and stress.

During the series you will:

- learn to identify and question your stressful thinking
- consider and experience the opposite of your stressful thinking
- learn how to facilitate yourself and others using The Work's four questions and turnarounds
- take home a powerful tool that can help you live with clarity and integrity

Spring Series Wednesdays, 6-7:30pm

March 25: Finding Love, Approval and Appreciation
April 15: Finding Love, Approval and Appreciation
May 6: Relationship Workshop
June 3: Relationship Workshop

Fall Series Wednesdays , 6-7:30pm

Sept 9: Turn Around your Money Stress
Oct 7: Turn Around your Money Stress
Nov 4; Body, illness, pain
Dec 2: Body, illness, pain

Cost: Cost for each 4-session series is \$80. "Drop In" fee per workshop: \$25 Sign up for series and save \$20. Bring a companion and both take \$5 off series! Series participants must pay in full before first class.

To Register: Call **True North** at 207.781.4488 or register on line at: www.truenorthhealthcenter.org.

Instructor: Jen Deraspe, MS, is an Institute for The Work trained Facilitator of The Work of Byron Katie and is founder and owner of Nurture Through Nature, providing mind~body~spirit retreats at her green retreat center in Denmark, Maine for the past 10 years. For more info, go to www.ntnretreats.com or www.thework.com. Or call at 207.452.2929.

Workshops held at

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