

DISCOVER YOUR UNIQUE STORYLINE
Writing Your Spiritual Autobiography
Facilitated by
DEBORAH KNOX, LIFE WORK TRANSITIONS

Sharing Spiritual autobiography in a circle setting is a transformative and revealing - if not magical process. Our intention is to write about our life experience from a spiritual perspective. The obvious but perhaps unexpected first question that arises is "what is Spirit" and all that entails?

Your spiritual storyline is the underlying thread which imbues your life experience with meaning and purpose. Whatever your transition, this writing process will help you identify key elements of your spiritual journey. Learn to apply the wisdom you have gathered to your current life choices, such as career, relocation, midlife, aging or new direction.

"Using drawing, writing and group sharing we begin the process of discovering and writing spiritual autobiography. When you create from your center you are dealing with what is essential in your life's experience. Your writing work - your creative work - is soulful work."

FIVE SESSIONS

Wednesday March 5 - April 2, 2014 9:00 - 11:30 am

Deborah is the owner of [Life Work Transitions](#), offering career and mid life planning transition services. She has lead workshops on Spiritual Autobiography for over 20 years. She is the author of [PUT YOUR SPIRIT TO WORK: Making a Living Being Yourself](#). For more information go to www.lifeworktransitions.com

Enrollment Limited

Sliding Fee Scale \$25 - 35 per session;

Or pay in advance and receive a \$10 savings \$115 - 165.00

For more information and to register please contact me at

520 529 6112 or dlkcoach@gmail.com

Convenient mid-town location

Call to learn about more courses or check my website

WHAT OTHERS HAVE TO SAY:

"It was great being a part of a group of strangers with no judgment."

"Good memories trump the bad ones"

"The best part was listening to everyone else's story and finding a piece in each one that echoed my experience."... "finding the thread."