



## DEVELOPING OUR PRESENCE AS PRACTITIONERS INTEGRATING THE PRACTICAL AND SPIRITUAL

Ken Mellor

*“Who and what I am is my major tool in my work with others.  
I need to keep servicing this tool so it can do the job.”*

Entering a practitioner-client relationship with anyone brings with it unique opportunities for personal/spiritual growth. In doing so we face powerful challenges to our sense of self, equilibrium, clarity and to maintaining personal ease and contentment in our lives. Learning to embrace the growth opportunities that are offered through our clients, we experience personal balance, awareness, understanding, competence and well being.

The major themes of this workshop are:

- *Caring for ourselves as we care for others*
- *Learning about ourselves through our contact with others*
- *Opening ourselves so we truly know others*
- *Being present in ourselves with others.*

Ken will introduce several practical tools with a strong meditative flavour. Each of these has been tested and used internationally by many thousands of people through more than thirty years. As techniques or meditations, they support and catalyse a process he calls “digestion”, a process that takes all we experience and transforms it to profoundly nourishes us.

1. Grounding:- creating or re-establishing personal, physical, emotional and mental balance
  - releasing the build-up of stress (from the work) through the digestion of the experience
  - freeing ourselves from (past) unfinished business
  - creating open futures for ourselves as we think, feel or look ahead.
2. Unifying: - dealing with inner or outer conflicts, divisions, polarizations ...
  - claiming our projections so we experience inner union and outer oneness
  - learning about ourselves from contentious experiences and situations
  - becoming whole.
3. Intimacy: - opening up to others so we know them
  - learning deep availability in our encounters with others (deep listening)

- improving intuitive capacity to read others as they are, and to align with them
- awakening self-knowledge through awareness of others.

As well as specific ways of dealing with specific issues, this workshop is an opportunity to renew, refresh, re-experience, and remember who we are as practitioners. It will also be an opportunity to embrace ourselves and become whole through digesting our blocks, limitations and shadows.



*Ken Mellor* brings many years of experience to this workshop. He is a qualified social worker, a psychotherapist, a teaching/supervising psychotherapist, a meditation master, a Reiki master and a mentor to practitioners including coaches, counsellors etc. He is also an author with contributions (two honoured with international awards) in the areas of psychotherapy, counselling, parenting and spiritual awakening. A participant/author of 16 books, aspects of his work have been translated into more than 16

languages. In recent times, he is best known for his integration of spiritual practices, practical counselling and other therapeutic techniques.

He has taught internationally for many years and is well known for his practical, down-to-earth, light-hearted approach. Ken has a breadth of experience rarely encountered; his wisdom and understanding of people is quickly obvious. His experiences include: working internationally with schizophrenic people, families/couples and people needing short-, medium-, and long-term therapy. After many years as a teacher/trainer/mentor of mentors, coaches, psychotherapists, psychiatrists, social workers, psychologists and others in the 'helping' professions, he has a wealth of experience in this area. Throughout his professional life, Ken has been especially interested in how coaches, mentors, counsellors and others take care of themselves and continue to grow.

His most recent book is the prize-winning *Urban Mystic: Discovering the transcendent through everyday life* (The Awakening Network Inc., Seymour Victoria, 2010). He is currently working on a book called *Inspiration, Meditation and Personal Wellbeing* that integrates spiritual-meditative practices with practical daily living skills.

**Venue: Sacred Centre 2/31 Atchinson St, St Leonards**

**Date: Sunday 19<sup>th</sup> September.**

**Times: Registration 9am /Workshop 9.30am – 5.00pm**

**Organiser: Izabella Hunt**

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**Fee: \$175**

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