

LIFE AS A MIRROR

Ken Mellor

*This intriguing title makes an important point:
Our lives are replicas that reflect 'me back to myself.'
Or, as someone else put it: "If you spot it, you've got it."*

Many of us have basic questions about life. And these questions are often really important to us, even if we don't talk about them to others. The problem is that, just as often, we don't know how to answer them. For example:

- * Why did this happen?
- * What does this mean?
- * What's the best thing to do now?
- * I don't understand ...
 - Why me? - Why him/her? - Why not me?

During the workshop, Ken will introduce everyone to simple ways of discovering both the answer to these types of fundamental questions and how to interpret the meaning of our answers. They include:

- * Turning questions into statements
- * Living the experiences instead of analysing them
- * Digesting the feelings, thoughts, impulses and desires behind the questions
- * Working out what to do in a natural way.

As Ken says, ***"Our most important answers are already inside us. The trouble is that many of us just keep asking our questions, instead of living their answers—instead of realising that the answers are prompting the questions. When we learn to live our answers they arise in our awareness from inside us. They just come to us spontaneously when we are ready for them, often with the experience 'Ah hah, that's what it is!'"***

During the workshop, he will teach everyone how to become grounded in order to bring answers to the surface. He will also teach how to evolve decisions and perceptions in ways that help us to discover the true meaning of what is going on and what to do about it.



Ken Mellor brings many years of experience to this workshop. He is a qualified social worker, psycho-therapist, teaching/supervising psycho-therapist, meditation master, Reiki master and mentor to various practitioners. Ken has run workshops internationally for many years and is well known for his practical, down-to-earth, light-hearted style. People experience him as available and responsive to what matters to them. He brings a wealth of information and experience to everything he does through his understanding of people, including their physical, feeling, thinking and spiritual needs. He has integrated his activities as a teacher of meditation, counsellor, parent, educator and author into a balanced whole that people find useful. His most recent prize-winning book: "Urban Mystic: Discovering the Transcendent Through Everyday Life"

Venue: Sacred Centre, 2/31 Atchinson St, Crows Nest

Times: Registration 9am. Workshop 9.30am – 5.00pm

Organiser: Krystyna Andreoni

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Fee: \$175

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