

# WORKSHOP & LECTURE OUTLINES

for  
Ken & Elizabeth Mellor

## PRACTICAL DAILY LIVING

7/03/2012

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## PRACTICAL DAILY LIVING WORKSHOPS

### LIVING EASILY & FULLY

The workshop is about the basics of live. By living according to these basics, your life can be easy, joyous and satisfying. The challenges you face become easier to deal with, and the solutions to your problems more evident and available. Relaxation replaces stress and leaves you free to live fully.

The emphasis throughout the workshop will be on practical, everyday things. They include relaxation and sleep, exercise, nutrition, living rhythmically, promoting and maintaining rapid change, getting what you want, decision-making, how to choose your experience, and simple resolution and release of feelings and thoughts.

Every suggestion is practical and has been tested in the lives of many busy people. The suggestions add very little to people's already busy schedules. Radical and sustained change has been experienced by many as they used the simple day-to-day practices. (2 to 4 days)

### HEALTH, LIVING & MEDITATION

How can I stay healthy? When not well, how can I become healthy? How can I live a happy fulfilled life? How can I get the things I want in life - and solve my problems easily? All these are common questions.

Some helpful answers will be provided in the workshop - well tested answers. Briefly, the answers add up to adopting a life-style which includes eating well, exercising a little, taking care of feelings, living optimistically - and regularly meditating. Each part can be seen to contribute something important and you will be taught how to go about doing each thing.

Participants can learn simple, practical ways of taking care of their basic needs in life. When these are learned, many things are easy. They can also learn how to deal with specific challenges they are facing.

The whole approach is practical, down-to-earth and straightforward. Most important, everything can be done easily while people live their everyday lives. (2 days)

### BUILDING JOYOUS RELATIONSHIPS

Perhaps the major challenge of enduring relationships with spouses, family and friends, is how to keep the love and joy alive.

In this workshop you will have a chance to learn and to begin to apply a series of practical ways of promoting happiness and well-being in your relationships with other people. Emphasis is given to intimate relationships, although other types of relationships will be considered as well.

The workshop is suitable for those who wish to experience greater intimacy, those who are experiencing particular difficulties, those who are in relationships, those who would like to be in an intimate relationship

and those in the helping professions who work with people in relationships.

Areas of attention can include:

- joint decision-making,
- practical sharing and cooperation,
- mutual problem-solving,
- noticing the beauty,
- delighting in trivia,
- growth stages in couplehood, and
- finding a partner.

Special attention can be given to how to keep romance alive, to promoting intimacy, to intimate surrender and to a no-compromise route to intimacy.

One member of a partnership can do much to reshape the whole relationship, without the direct involvement of the other partner. Some preliminary pointers on how to do this can be discussed and practised.

The actual content of the workshop will be decided on the day in response to the interests and concerns of those who attend.

All suggestions are simple and effective. They are drawn from the experience of those who relate to others happily and with satisfaction. Many couples have proved their value. (2 days)

### BUILDING SATISFYING & EFFECTIVE RELATIONSHIPS

Whenever others are with us, relationships are there too. They are involved in our intimate lives, in work, and in play; while doing the shopping, while travelling, and while at school or in some other place of learning. They are a part of virtually every aspect of our lives. Having the ability to manage relationships well so that we have the satisfaction we want and are able to perform the tasks to which these relationships are crucial is a great asset. But not everyone looks, sounds, or feels as though they have the ability.

This workshop is for people who are wanting to learn how to have better, more satisfying relationships with others. Participants will be introduced to a number of simple, practical ways of viewing and approaching relationships. These make many apparently difficult or impossible situations seem refreshingly easy to manage. In addition, a series of specific techniques for dealing with common situations that arise with others will be introduced. The use of these techniques in relationships is designed to make things clearer, more harmonious, easier and more productive.

Ken & Elizabeth Mellor have developed the content of this workshop during a total of some 40 years of working with people. The suggestions will be simple, practical, and concrete. All have been successfully tested by many people in their daily lives. (2 days)

**MAKING RELATIONSHIPS EASIER**

This workshop is for people who are wanting to learn to have better, more satisfying relationships with others. Participants will be introduced to simple, practical ways of viewing and approaching relationships.

In addition, a number of specific techniques for dealing with common situations that arise will be introduced. The use of these techniques in relationships is designed to make things clearer, more harmonious, easier, and more productive.

Areas to be covered include:

- noticing and building what is going well
- mutual goal-setting
- joint decision-making
- co-operation
- conflict resolution

Ken & Elizabeth Mellor have developed the content of this workshop during a total of some 40 years of working with people. The suggestions will be simple, practical and concrete. All have been successfully tested by many people in their daily lives. (2 days)

**KNOWING HOW & DOING IT**

This workshop is about making practical things easy. You will be introduced to simple ways of organising and understanding what you are doing so you can get it done more easily.

Areas include: setting goals, getting the job done, tasks and problems, feelings and emotions, motivation and commitment, keeping agreements, and exploring options. (2 days)

**LIVING MASTERFULLY**

You concentrate in this workshop on how to live confidently from your own experience; about real openness and flexibility, about commitment to your experience of the basic reality within and around you. The idea is to trust the validity of your own experience and build from that all that you need so that you live a full, rich life.

You have creativity, life, strength and skill. The workshop will help you to recognise what you have and help you learn how to make the most of it. Based on this recognition, attention will be given also to the building of what you need in the areas in which you need more than you have.

Life and your own evolution are furthered by your creative responses to all that confronts you in each moment. The whole workshop is designed to give you a perspective on how to tune to your own Mastery in life, and how to live in the Ultimate strength, perception and Love from which all else springs. (2 days)

**MANAGING FAMILIES**

Families can be fun - especially if they are well run. Inside a family it is possible for everyone to get what he or she needs and a great deal of what he or she wants. Whether or not we do depends a great deal on how well managed the family is.

Areas to be covered during the workshop include: the family as a "self-sufficient" community

- who is in charge
- being a couple while children are there
- contributing to the community
- easy and practical living as a family
- the family as a "community school"
- managing special families: separated, single-parent, blended etc. (2 days)

**EMOTIONS - Looking at the Basics**

Where there's life, there's feeling. And yet there is more to life than feelings. How do you handle your feelings so that they serve you in the rest of your life?

This workshop will start with the basics, the ABC's of your feeling life and, building on these, will provide a way of looking at and understanding emotions so that you:

- can read the signals your feelings are sending you in your day-to-day life
- reap the benefits of the different types of energy your feelings provide
- find how your feelings can help you deal with complex situations and people.

It is useful, especially to those who want to be at peace with their own emotions, to those who want to raise emotionally healthy children, as well as to those whose work is in teaching or helping others.

You'll have a chance to gain practical skills from exercises. It is anticipated that there will be ample time for you to develop a clear understanding, to raise any questions or difficulties, and to receive straightforward help. (2 days)

**ASSISTING OTHERS TO LIVE EASILY**

The primary emphasis of this workshop is the helping of clients and others to harness and release stress. It is for those working with people in situations involving stress.

Living in a calm, relaxed, yet alert manner, is an approach which can be taught. Participants will look at and practice a number of useful, simple activities which they can then teach to others. Each aspect of what will be presented has been tested for many years with thousands of people. Great benefits can result, even though the activities themselves are remarkably simple.

Participants will also be presented with ways of approaching people living busy ordinary lives, or lives in crisis so that they can harness the energies involved and release themselves from the uncomfortable intensity as quickly as possible.

Everyone attending will have the chance to do a number of different exercises. (1 day)

**CARING FOR CARERS: Caring For Ourselves As We Care For Others**

A workshop for those engaged in human services at any level.

There is so much need in the community; there is always more that can be done; there is always apparently too

little time to do what is required. So the question always arises in caring people: **How do I do my job well and take care of myself too?**

In this workshop, Ken & Elizabeth Mellor will look at your point of view and dilemmas, discuss with everyone how they have dealt with the apparent tension between caring for others and caring for themselves, and go through various methods of dealing with the special needs that doing this kind of work creates for the helpers. Ken and Elizabeth come to the workshop as practitioners with more than 40 years of combined experience in working with others. They will present their perspectives and different positions on various aspects for taking care of ourselves.

Areas to be included are: dealing with and releasing stress, self-nurture, self-nurturing ways of helping and specific self-nurturing techniques: massage, relaxation, and meditation. (2 days)

### WORKING WITH COUPLES

This workshop is for those in the helping professions who work with couples, and it would also be useful to couples themselves.

Ken & Elizabeth will present practical ways of helping couples at various stages of their couplehood. A number of commonly recurring areas will be dealt with, such as, securing satisfaction within the relationship, dealing with separation and managing the blending of existing families.

Further areas to be covered include:

- Developmental stages of couplehood
- Family structure and couple dynamics
- Intimacy in couples - how to promote it
- Helping couples to fight constructively
- Strategies for the therapist

The actual content will be determined by the interests and needs of those who attend. (1 or 2 days)

### SPECIALISED WORKSHOPS FOR COUNSELLORS AND PSYCHOTHERAPISTS

A wide range of workshops is available in this area. Ken & Elizabeth have each been working for more than 20 years helping people live various aspects of their lives more easily and fully.

A few of the areas in which they have conducted workshops in the past are listed below. If you have an area of particular interest, the best thing would be to contact them and discuss it with them. They will let you know if they think they have anything worthwhile to offer in that area.

Areas include:

- Interviewing
- Issues In Short-Term Counselling
- Issues In Long-Term Counselling
- What Is Schizophrenia?
- Dealing With Schizophrenia
- Dealing With Heavy Drinkers
- Dealing With Phobias

- Dealing With Depression & Anxiety
- Dealing With Obsessions & Compulsions
- Dealing With Physical Disability
- Passive Behaviours & How To Deal With Them
- The First Rule Of Good Therapy: "Physician Heal Thyself"
- Developing Motivation And Commitment
- Feeling, Thinking & Behaviour - Striking The Balance
- Guidelines For Therapists
- Communication - How To Make It Easy & Predictable
- Is Psychotherapy A Lifestyle Or Only "Lancing Boils"?
- Personal & Interpersonal Responsibility In Psychotherapy
- Normality, Psychosis & Neurosis
- What Is Reality? - Personal & Shared Frames Of Reference

### LIVING YOUR LIFE - A Practical Question & Answer Workshop

Ken & Elizabeth have had a powerful effect on many people's lives - simplifying, lightening, challenging and enriching the ways they live. They know an enormous amount about family life, couples, children and teenagers, personal development, and the integration of the timeless with the day-to-day aspects of living.

They run simple, safe, easy workshops dealing with day-to-day things and you are quite welcome to take them as just this - very good teachers. But if you want to look deeper, there is something more ...

A single sentence in answer to a question - and you know, right there, that you have saved five years. Or another person's question taking 15 minutes of reinforcement and total attention, obviously having never received such intense attention in their whole life before. (And what is love, if not total, focussed, absolutely respectful attention?) Clarity replaces confusion, laughter bubbles out, peace settles in.

This workshop will address any questions you wish to ask, anything you want to look at, anything with which you need help:

- setting and achieving goals
- grounding yourself in the present moment, so as to be released into the ease and simplicity of direct experience
- dealing with family, friends and partners in a way that unifies and heals
- releasing old limitations and fears to become confident, light, and joyful
- having an effect in the world to bring about the future you want for yourself and others.

(2 days)

### PERSONAL CHANGE MADE EASY

Mankind has been evolving for millions of years. We, who live now, reap the benefits of that evolution - benefits so amazing that they defy description. The Masters of Wisdom have always had the task of reminding mankind of its essential nature and how to live to get the fullness available from that nature. This

workshop distils out some of the main themes and perspectives which make doing personal therapy a much easier and freer process for client and therapist alike.

The workshop is designed to alert participants to the basics of being alive, the basics of living easily and the basics of living happy and fulfilling lives. A main theme will be: "If it is not happening easily, then there is a better way." Many suggestions will be available to help participants deal with personal issues and there will be some opportunities to practise using them.

Personal change will be approached from a number of directions. You will be reminded of what common sense advice has been advocating for thousands of years for dealing with day-to-day problems. You will be introduced to a number of simple, effective ways of securing relaxation, problem resolution, steadiness, brightness, fragrance and harmony in your life - methods which have breathtakingly rapid and effective results. (2 days)

### **MEDITATIONAL THERAPY**

Your true beauty, fragrance, fulfillment and life, lie within. You and all you need are there inside. When you are fully connected to your own roots, you are released into true resolution of all that is not fulfilled, or all that is not in harmony, or all that is not easy.

Meditation is the means to experience all this and to produce the release. More importantly, meditation with the Master promotes the unfolding and flowering necessary for direct experience of your Ultimate Reality. Freedom, Life, Love, Fulfillment, all flow automatically from this experience. This is natural therapy released to its fullest expression.

Come to the workshop and find out how easy the deepest therapy can be when it is promoted by simple, natural meditative processes known for millennia only to the Masters of Wisdom. (2 days)

### **PARENTING & CHILD-REARING WORKSHOPS**

A range of workshops is available in this area. They can be general or specific. Relevant themes and dimensions are:

- General child development: what happens at different ages and how to deal with it - conception to adulthood.
- Specific developmental stages: gestation, birth, babyhood, 2, 3 & 4 years of age, 5-7 year olds, 7-12 year olds, 13, 14, 15, 16 & 17 year olds. Whole workshops can be organised in relation to any of these ages and stages.
- Practical suggestions about how to respond to age-specific issues and developments are an integral part of these workshops.
- General parenting workshops: overall approaches to parenting and how to develop a parenting style that works.

There are many hints which can make the life of the parent and, therefore, the child much easier and more satisfying.

Hints on how the parent can care for the parent and how the couple can stay a couple while being parents are an important part of these workshops.

- General workshops on phases of growing up: e.g., babies, toddlers, pre-schoolers, 5-7 year olds, 7-12 year olds, adolescents.
- Balancing love and discipline at different ages. There are different needs for both at different ages and there are some simple signals you will see or hear which will alert you to what to do. This type of workshop is on the signals and how to respond with a helpful balance of love and discipline, and how to recognise when the balance is right and when it needs changing.

(1,2 or more days)

### **EASING & MAINTAINING THE TEACHER**

There are simple, practical ways for teachers to be fresh and relaxed at the end of the day, while continuing to meet the heavy demands that their dedication to the job requires. The practices add little or nothing to existing schedules.

Teachers have a unique job. Surrounded during the day with many people, occupied at night with marking and preparation, they need effective ways to recharge, to release the inner ease, harmony and light when a lot is happening, and to sustain effectiveness and efficiency through long periods.

This workshop will present participants with natural and effective methods of doing these things. The results usually come quickly and with deep relief which often surprises. (1 or 2 days)

### **RELAXATION**

Relaxation is natural to your body. It relaxes automatically and easily whenever allowed to do so. Participants in this workshop will be taken through two main approaches which allow the body to relax in its own natural way. Both approaches are extremely simple, extremely rapid and amazingly effective - great ways to release stress.

The first approach involves restful relaxation in which you will lie down or sit down for the duration of the technique. The second is an active form of relaxation during which you will be up and around. Both are useful in normal life, because there are times when we need to take time out to relax and other times when we need to relax but stay active as well.

There will be a lot of time devoted to practising the two ways of being relaxed. There will also be a lot of time for questions about issues which support relaxed living. (1 or 2 days)

### **GROUNDING - Harnessing & Integrating Feelings & Thoughts**

Feelings and thoughts are a normal part of every moment of our lives. They can be a wonderful source of energy and life, a wonderful resource for charting our way through life. They can also be troublesome for people who do not know how to harness them and integrate them.

Being grounded is how to do these things. It is also a natural part of how you live right now. This workshop concentrates throughout on the natural benefits of being grounded (or earthed), on the way being grounded automatically and naturally promotes well-being and dissolves and resolves discomfort and problems, and on how to intensify how grounded you are. Based on being physically aware, being grounded enables people to consolidate and create happiness in their lives and to release themselves from feelings and thoughts, or patterns of feelings and thoughts which they find troublesome

In the workshop, you can learn to be master of your feelings and thoughts, rather than have them master you. You can learn how a few seconds every hour can transform your life - if you are willing to take the time. (1 or 2 days)

### **CREATIVE RELEASE - Affirming Life & Achieving Goals.**

There are easy, natural ways for you to promote change in your life, to help you deal with complex situations, to solve problems and to take care of intense feelings. These ways are part of your natural creativity.

The workshop concentrates on awakening this natural creativity. It will help you learn a simple and natural way to affirm the things you want in your life, to help you make the changes you would like to make in your life, and to clarify just what you need to do to make those changes.

Workshop participants will be taken through a creative release process which helps harness the power of fantasy and thought, helps guide concrete action, and helps shape situations the way that they need to be shaped for their goals to be realised. The process can be used to achieve any goal, change any situation, solve any problem, release any feeling, or bring any quality you desire into your life. It can help you identify what is important to you at the same time as it helps you make all your strength at one with the fulfillment of your desires. (1 or 2 days)

### **PERSONAL WHOLENESS**

The aliveness that we live with each breath is far more vast than most people even begin to appreciate. This workshop is designed to help us discover what is available to us. With this discovery comes the possibility of realising what is there and of reclaiming what has been given away. Personal wholeness comes from awakening to what is there and celebrating it, from realising oneness in ourselves and oneness with everything in our lives.

A simple, practical approach to becoming one with all things will be introduced. It enables us to enhance and affirm our personal wholeness in every act we take. Every action then becomes strengthening and enlivening. This approach can be combined with a simple method of reclaiming all that we have given away unnecessarily in our lives. Problems are solved and conflicts are resolved as a natural part of this.

You can learn how existing strengths and capacities can be discovered and acknowledged, how hidden qualities

can be brought to the light of day and harnessed to make life easy and full, and how to release, draw together, align and integrate yourself so that you are whole at last. (1 or 2 days)

### **PATTERNS IN LIFE**

There are many patterns in life. Some are helpful and some are not. Recognising them is very useful. When they are recognised, we can often do something to change them. While they are unknown to us, they can rule us without our conscious consent.

This workshop takes you through a simple way of recognising the ups and downs and the regularities in your life - the patterns. You will be helped to recognise the strengths and assets in all your patterns. Problems will also be discussed and identified. Simply from recognising your patterns, you will find that options often become clearer. We can use these options to make changes which free us from the limitations of our old ways of living, while utilising their established strength.

Various patterns will be discussed. These will include:

- polarities
- rhythms in living
- life stages
- life plans
- repeating & reworking the past
- the Rescuer-Persecutor-Victim triangle

Just having this information has been liberating and strengthening for many people. Even more is possible when we know practical ways of changing or taking advantage of these patterns. Much of the workshop will be concentrated on learning these. The intention is for all participants to leave in a position to make radical to minor changes in the patterns of their lives, should they decide to do so. (2 days)

### **INTIMACY**

Intimacy can be known and experienced by all. Knowing how to be intimate is the key.

This workshop will include a series of exercises to help participants learn how to be intimate. It will also include much opportunity for questions and discussion. The exercises will concentrate on two main ways of being intimate. The discussions will concentrate on people's orientations, perspectives or themes while they are being intimate.

This is a workshop for those who want both to experience more intimacy in their lives and to ensure that the intimacy they do experience is beautiful and fulfilling. All suggestions will be practical, down to earth and will have been successfully tried and tested by many others. Some attention will also be given to how to enhance sexual intimacy using the more general orientations on which most of the workshop will be concentrated. (1 or 2 days)

### **RESHAPING YOUR LIFE**

Find out how to change your life - at home, at work and elsewhere.

The value of this workshop is that you can leave having learned a simple, compact, clear and effective way of making any change you want to make. You will always need to take action, of course, if action will be required to change what you want to change. This way of doing things is generally a lot of fun, and so is much easier than many other orientations or programs currently available. The approach is something that you can use in complete privacy, or something that you can share with others, depending on your preference.

Areas to be covered include: Working out what you want, concentrating on what you want, figuring out what to do, making and keeping your commitment to change, how to make changes easily, how to deal with pessimism, reluctance, defeatism and other problems, and noticing and celebrating your success.

This is an extremely practical workshop during which you can at least make a start, and perhaps complete, the achievement of your personal goals for change. (2 days)

### **PARTNERSHIP: Uniqueness & Union**

This workshop is about learning to be truly yourself in the context of a greater whole. It is about how to realise uniqueness, about how that uniqueness is always necessary in union, if the fullness of the union is to be available, about how true union is diminished when uniqueness is sacrificed. True union is also characterised by mutuality, sharing and service. In full partnerships, the partners join forces and find that together they add up to more than they would if they were each taken alone - the whole is greater than the sum of the parts.

Starting with the focus on themselves as individuals, participants will be taken through a series of exercises which are designed to help them realise their own uniqueness. "What actually am I?" is a crucial question. Exercises will also include such things as being grounded, being in the "I Am"-here-&-now, learning to be centred in the "I Am"-here-now while being open and available to others, and learning to recognise and operate from our established strengths and capacities.

The focus of concentration will then move to partnerships, to the sharing of uniqueness for the greater good of all involved. It will be suggested that the prime partnership we have is with the Infinity within ourselves. This is both the beginning and the end. Other partnerships include those with our spouses, children, friends, work and business associates and others. Exercises will include being open to others, doing things together cooperatively, and performing service for others.

More and more, as the workshop progresses, participants will be encouraged to practise being both the whole, and the part they are in that whole, being both two and one at the same time, being a group and a member of the group, and being a couple and one of the partners of the couple. The culmination will be each person practising being his or her all embracing Ultimate Nature - the ultimate test of our realised capacity for partnership. (4 days)

### **RESOLVING CONFLICT**

Peace is breaking out in many parts of the world. We are living through a period of global unification in which all sorts of old situations and conflicts are resolving. Enmities are dissolving; walls, partitions and barriers are coming down; people are seeing themselves more and more as members of a world-wide family. It is all very exciting.

Many of us are, nevertheless, still living lives affected by conflicts. It occurs at home, at work and elsewhere. It occurs between groups in the communities in which we live, and between countries. Many people in the world still go to bed each night worrying or wondering what will happen next, and whether they will survive the coming days.

There is obviously still plenty that we need to learn about resolving conflict, about how to produce the type of world in which we want to live. This workshop presents a series of effective approaches to resolving conflict. Each can be used alone as required by a particular situation, or all can be used in a combined approach. All of them have been well tested in real situations. The results have been astounding at times.

The approaches include:

- the importance of the beginning
- finding common ground
- the "No Compromise" route to resolution
- personally digesting the conflict
- negotiating effectively and cleanly
- taking the necessary time
- having deliberate breaks
- making any resolution mutual

There will be chances to practise the techniques to be taught, as well as opportunities for participants to discuss the specific resolution of conflicts in which they are involved. (2 days)

### **COMPLETE HEALTH - I**

It is now understood that our attitudes and what we feel are very important for:

- the nature of our existing health,
- how healthy we will stay, and
- whether we will recover, & how quickly, if we become unwell.

The workshop helps us to learn how to ensure that we have the best attitudes and feelings for promoting health. Three basic meditations will be introduced during the workshop.

- The first releases healing power within the body through relaxation.
- The second helps restore equilibrium, calm and optimism, whatever we are thinking and feeling.
- The third helps us shape our attitudes so that we are as sure as we can be that they are promoting complete health at all times.

Tapes of the three meditations, or access to them, will be available at the workshop.

Also during the workshop, the crucial healing value of feelings, such as love, happiness, security, pleasure and

fulfilment will be explored. Simple, safe ways of experiencing these feelings and expressing them will be practised.

This is a workshop for those who are well, who want to promote their ongoing health; for those who are unwell, who are wanting to become well; and for those who are recovering from some injury, operation, or illness, who are wanting to support their recovery as much as they can. All practices can be used along with other medical or health practices.

The workshop is also very useful to health care workers, counsellors and others in the helping professions. The content of this workshop is of proven success in the lives of many people, many of whom are alive and well today, in significant part, because of it. (2 days)

### **LIVING IN STEP & BLENDED FAMILIES**

Many adults these days live with their partner's children, children who are not their own. All sorts of issues arise in these families. It is often a relief for the parents and the step parents in these families to understand that they are not alone, that others are in facing the challenges with which they are dealing. It is wonderful to find out that a lot can be done to make life easier and happier for all.

This workshop will provide an opportunity to share experiences with others in the same situation. It will also, most importantly, be a place for learning some simple, practical things to do to cope with and enjoy life in Step and Blended families.

What you have already learned will be of great value to others, and there will be opportunities for you to share this.

Many areas are to be covered by the leaders including:

- parental power, rights and responsibilities,
- children's power, rights and responsibilities,
- parental communication,
- how adults can ease children's processes,
- dealing with the "ghosts" of others,
- handling the other parent's children,
- dealing with triangles,
- being "mother" or "father" to step children,
- managing competitiveness,
- handling conflict, and
- promoting mutual respect.

All suggestions made will be practical and will have been effective in other families. The suggestions include both general orientations and specific responses. Opportunities will be made for discussion of your particular family challenges.

The workshop is also ideal for counsellors and others who work with people in step or blended families(2 days)

### **OPENING COMMUNICATION**

Communication is the cornerstone of any relationship. Simple, clear communication makes for successful relationships, whether at home, work, or between consultants and clients.

This workshop will teach ways to keep communication simple, direct and clear, looking at various styles of communication and ways to clear blockages should they occur.

Areas covered will include:

- clearing trouble (communication systems),
- staying with the subject and redefining,
- polarities,
- dealing with feelings while communicating,
- seeking common ground and common goals, and
- agreeing on priorities.

The workshop is for everyone. It is also ideal for members of the helping professions, where to communicate clearly is essential. (2 Days)

### **CLAIMING SPIRITUAL POWER IN RELATIONSHIPS**

Our Spiritual Union with All That Is arises from the realisation of our own Inner Union. We do this in significant part through the way we approach the many relationships in our lives.

We have relationships between husbands and wives, parents and children, ourselves and other individuals, and ourselves and groups to which we belong, or with which we associate. There are relationships between organisations, small and large groups, ethnic groups, and countries. They can all affect our lives - often to our benefit and sometimes not to our benefit at all.

The patterns and styles we use within our worldly relationships indicate to us our likely patterns and styles when we enter the Sublime Relationships available within. This workshop is aimed at our harnessing the power available to us in any relationship, so that we benefit from the power in it and can release ourselves from its inhibiting effects.

The theme "The outside and the inside are one" will be discussed and two simple, practical meditations - "Unifying Meditation" & "I AM THAT Meditation" - will be introduced. These meditations are very powerful tools for establishing union between the outside and inside. They are a means of changing patterns and styles within relationships that are not serving us well.

The union we can achieve in our daily lives, using these meditations, can both lead us directly and makes us more open and available to the Ultimate Oneness that is available within. (2 days)

### **THE BODY AS THE TEMPLE OF THE SUBLIME**

There is an intimate connection between the body and the Spiritual dimensions of life. Spiritual awakening goes hand in hand with changes in the body and in body-based aspects of our lives, such as our feelings, thinking and behaviour.

The body is the final outlet for all that flows into it from Spiritual and other dimensions. It is also the foundation of normal worldly experience in day-to-day life. As such, our bodies have a dual influence. They influence what leaves us as it flows out into the world; and they

influence both the content and the nature of our awareness of the Sublime.

The body's strength, flexibility, suppleness, endurance and resilience, for example, are replicated completely in our emotional, mental and spiritual strength, flexibility, suppleness, endurance and resilience, and in how we act in the world. Any bodily quality can be translated almost completely into a quality in these other dimensions. Also, action in any of the other dimensions has an effect on the body. Changes in feelings, thoughts, spiritual awakening and behaviour, each and all affect the body.

Much of this workshop involves practising physical, emotional, mental and spiritual strategies that affect deeply the purifying, strengthening and enlivening process the body needs to go through, if we are to Realise the Sublime. Our bodies need to be treated with very great respect: nurtured, rested, cared for, kept in peak condition. They are very delicate, finely tuned instruments that need to be serviced continually, if they are to keep performing as they were designed to perform.

"The Body as the Temple of the Sublime" is truly an apt expression. It highlights the respect with which we need to tend our bodies; it highlights the profound forces with which our lives are bathed; it highlights the pristine condition in which we need to maintain our bodies so that their purity and aliveness can match the Purity and Aliveness of the Ultimate. (2 days)

#### **GOAL-DIRECTED EFFECTIVE COUNSELLING**

This workshop is practical and relates to working effectively with clients. The content was developed over twenty years in work with people in a variety of settings. All the content has proved its value in practice.

There are many advantages to goal-directed counselling. Goals help us

- have direction in our overall contacts with people,
- keep on track at different stages of our contacts,
- assess progress at every step, and
- to assess overall success.

This is a workshop on how to approach the job of counselling so you are as assured of success as you can be. It also includes reference to goal-setting, motivation, commitment and measuring success. Methods of recognising and dealing with ways people avoid their commitments are presented. A natural process called grounding is introduced and its relationship to commitment to goals and to awakening intuition developed.

The learning is primarily through exercises in pairs, small groups and alone. It is generally a lot of fun. (2 days)

#### **NATURAL EMOTIONAL RESOLUTION IN COUNSELLING**

This is a workshop on dealing with emotions. It provides an introduction to how to help people make emotional changes in their lives, and how to help them

resolve emotional issues from the past, deal with emotions in the present, and handle them in the future.

Participants are introduced to a natural process called grounding that is central in the approach used. Everyone will have a lot of time to experience the process for themselves, to practise with partners, and to have their questions answered.

This is an ideal way for new counsellors to proceed, because it is so simple and safe. Experienced counsellors usually find that it adds a depth and breadth to their work, and an ease of resolution that is quite a surprise to many.

(2 days)

#### **HEALING THE INNER FAMILY**

As we grow, we take in everything that occurs around us. We take in particularly strongly what the people in our families and those in groups in which we spend a lot of time do with us. Along with the people themselves, we take in the way we interact with each other, and the way they interact with each other. Everything that we have incorporated in this way stays active within us in the form in which we incorporated it, until we release it in some way.

So, we carry the past with us. It continues to influence all that we do, think and feel, until we find effective resolution. It is as if every one of the people with whom we grew up, continues to act and react within us, in the ways that they were acting and reacting at the time we incorporated them. This "Inner Family" can continue to live within us all the time.

Ease of living, harmony, light, sweetness and fragrance in life arises from helping the "Inner Family" to live as One. We need to strengthen love and acceptance; we need to heal wounds. When the "Inner Family" is living as One, our worldly lives can be transformed.

The primary method used in this workshop to promote the necessary transformations is a technique called the Unifying Meditation, a very powerful technique that has proved its value in the lives of many people.

(1 or 2 days)

#### **WELL-BEING**

It is for people who want to enhance their quality of life, promote their health and learn to live effectively.

The course emphasises practical skills for every day life. It will include various areas according to the needs of those who attend. The selection will come from the following:

- relaxation
- healthy eating
- feeling good through physical movement
- getting the best out of life
- making effective decisions
- maintaining emotional and mental balance
- living in harmony

The suggestions and techniques have already been used successfully by thousands of people. (2 days)

**EASING OUT OF TROUBLE**

Living life easily and with fulfilment is a goal shared by most of us. We like to celebrate the happiness we experience and the good things in life. When in difficulties, we generally want to find the easiest solutions possible, something that is natural and understandable. We don't want to go through any more discomfort and distress than necessary.

Ease encourages ease, discomfort encourages discomfort - particularly when we concentrate on them.

Facing our feelings and problems is often the best way of resolving them. We learn quickly to face up to things just by living life. But some people go too far with this approach by concentrating too much on what is not working, on what they do not like, and on the discomfort that they are feeling. They can end up caught in their problems rather than free from them.

This workshop is used to present an approach to emotional and problem resolution that, for many people, is refreshingly different. Participants will practise concentrating on solutions and cultivating feelings of ease as their primary orientation. They will go through exercises that help them learn how quickly and easily this approach works, even with severe difficulties.

The basic principles of the approach are presented. Some specific areas are covered to illustrate how to apply the principles, including:

- loving as a way to release past trauma,
- living happily now and reliving past pleasures to promote grieving, and
- promoting happiness and security to resolve present difficulties with others.

Many people find the depth and extent of the resolutions they reach are astounding - and in retrospect wonder at how easily they achieved those resolutions. (2 days)

**DEVELOPING INNER RESOURCES**

We have within us all that we need to live full and happy lives with ease and joy. Those who are not living this way can learn to do so. In this workshop you will do a series of simple and enjoyable exercises that help to make your life the way you want it to be. Some will concentrate on developing simple skills in self-management; others will help to release inner reserves of strength, understanding and confidence.

We will look at goals and how to set and achieve them. A wonderful way to relax will be introduced, ideal for people who need to "switch off" easily and quickly. Also, we will practise an active form of relaxation. It involves how to relax on our feet and provides a way of managing our feelings and thoughts when we are under pressure. Techniques for how to manage time and busyness will be covered. The idea is to get on with what we need to do in our lives while staying relaxed, dealing with the pressures on us, and learning what to do when we feel isolated or cut off from our normal support systems.

Releasing inner strength and capacity is the primary theme of this workshop. We will concentrate on how to

use the resources we have and how to expand these should we need to do so. You are likely to be pleasantly surprised at how much is readily available within you. Simple procedures that concentrate attention on the heart will be used to help release heart energy through our systems. This can lead to a transformation of life from the inside, a transformation into fulfilment and completion. (2 days)

**LIVING & WORKING WITH ADOLESCENTS**

Adolescence is a time of great change and excitement as young person makes the gradual transition into adulthood. It is often a time of challenge for parents and the young people alike. The same is true for other adults involved with adolescents.

Having a clear understanding of what the issues are at this time is very useful. It can be very helpful in deciding how to handle the day to day life with the adolescent. It can help to keep overall direction and balance through extended periods of struggle, if they occur. It can help give understanding to the normality of a lot of adolescent behaviour and to understand that a response is necessary and helpful, if these young people are to grow to full adulthood.

The workshop is designed to benefit both parents and those who work with adolescents in educational and therapeutic settings. Developmental information will be covered, along with how to deal with the types of behaviour that arises at the different stages. A lot of emphasis will be given to effective methods for dealing with the situations that can arise daily.

Specific issues to be included are:

- adolescent developmental stages between 12 and 18 years
- the balance of love and discipline, and discipline as love
- dealing with peer pressure
- when to hold on, when to let go
- negotiating effectively and clearly
- promoting mutual respect

Time will be given to the discussion of specific situations that are of immediate concern to participants. (2 days)

**HEALING THE PAST**

Freedom, ease, light and sweetness are possible for us all. That many do not experience these qualities is significantly to do with the way we carry the past with us in ways that influence the present. Old difficulties that arose during the course of our growing up can influence and distort our perceptions of what is happening now and colour our experience of what is possible or desirable.

Releasing this residue is fundamental to realising our capacity to live happy, fulfilled, Awakened lives. We can then discover the wonderful qualities that naturally underlie everything we experience or perceive. When we live with freedom as our enduring experience, life is very different from how it was.

The workshop is designed to help participants learn how to release the past and heal the wounds that they have

carried with them over the years. The techniques are wonderfully simple and effective. Many people have found them of great practical value in their lives.

Areas covered will include:

- filling gaps
  - changing personal history
  - releasing general or specific trauma
  - healing through creating inner completion/perfection
- (2 days)

### **HEALING PAST TRAUMA:**

#### **Re-establishing Life After Trauma**

Living an easy, fulfilled life is a goal shared by most of us. However, sometimes past experiences make this difficult. This workshop is for people wishing to find resolution to past traumas, such as

- losing loved ones
- experiencing abuse - emotional, sexual, or physical
- having an accident
- carrying unresolved childhood issues

While resolving past trauma can be challenging, this workshop is designed to introduce an approach that can make necessary resolution as easy and secure as possible. This will be done through exercises and personal discussion.

Participants can learn that much past trauma can resolve fairly quickly and easily, even after very severe experiences. Even when substantial relief with ease is not possible, the approaches introduced can help reduce considerably the intensity or duration of the discomfort experienced.

Two specific approaches covered are:

- loving as a way to release past trauma
- how concentrating on life and beauty in the present frees us to resolve the problems of the past

The approach is tried and tested and many people have found it refreshing, relieving and effective. (2 days)

### **MAKING TRANSITIONS**

Many people experience that things are moving more quickly than previously. Life has sped up and continues to accelerate. Each increase in speed leads to more acceleration still.

In order to live easily, it is important that we maintain equilibrium and poise even when our lives are moving fast and our directions are changing rapidly. For most of us, our parents could be reasonably certain to stay with that what they began doing for most of their lives. There was a continuity and predictability about life in those days.

However, for us and for our children this predictability is not as available. Our lives are very likely to change and keep changing as the years go by. We cannot rely on the certainty of "externals", we need to find our stability and "ground" on the "inside".

We need to have a means of working out what to do and how to do it when there are many factors involved. We need ways of deciding on important directions in our lives, when we do not know how things will turn out.

This workshop will address some of the issues that are involved in making transitions. We will practise a form of decision-making that relies on evolving decisions and orientations, rather than the older, more linear form of making decisions, that involved making clear choices between set alternatives.

Two other aspects will be included. First, we can learn how to ride the waves of our lives into the natural flow of events that are current for us at a particular time. Second, we can learn to access the "higher" aspects of ourselves that enable us to gain broad perspectives on what we are doing and how we are doing it. Both can help us to relax and to appreciate that we have close to total control of our lives, provided we understand and learn to use the nature of the control we do have. (2 days)

### **SELF-MANAGEMENT IN CHALLENGING SITUATIONS**

Some work places put emphasis on performing well all the time, no matter what the challenge. Quite naturally, there is emphasis on remaining courteous, helpful and available to customers. The demands are often great and not easy to fulfil in some settings. This workshop is designed to provide some simple practical ways of handling things. (1 day)

### **OPENING & HANDLING ENERGETIC AWARENESS**

This workshop is designed to help participants open their awareness to the subtleties of life and learn how to manage the forces that are released as they develop this awareness.

There is much more to life than the body, thoughts and feelings with which most people are familiar. Some people are spontaneously aware of this, some are not. All become more and more aware of it as their Awakening progresses. Meditation and other practices that promote clearing and purifying of the various energies in our systems produce this developing sensitivity. Whatever our level of sensitivity to the subtle forces that influence our lives, as our awareness of these expands, we need to learn how to manage ourselves in a world in which we are aware in this way.

A variety of areas and issues will be explored experientially and discussed. These include:

- psychic communication
- subtle links between living organisms
- detecting auras
- transfers of energy between living things
- layers of energy and layers of transfer

Other areas will be covered should they prove relevant to the participants present. The emphasis throughout will be on how to develop awareness of these phenomena and how to manage the awareness that is already available.

The capacity to provide healing support for others is a natural outcome for everyone as they become more

sensitive to the subtle energies in life. A basic healing technique that operates through these dimensions will be presented during the workshop. (2 days)

### **MAKING YOUR DREAMS A REALITY**

Most people have dreams. Some people like them to come true. If you would like to know how you can “make your dreams come true”, come and spend time enjoying yourself and learning some easy meditations that help.

The meditations have been used by many people and enable us to achieve what we would like as easily as possible. Lots of attention will be given to how to take care of any ambivalence, hesitations and other concerns that you might feel. The time will also focus on how to make the most of your own strengths and creativity.

This is a great workshop for anyone wanting to make life easier. (1 day)

### **INTUITION**

Intuition, insight, creative flashes, illumination - all are words that refer to a special sense of knowing. Intuition reveals to us clear, direct, understanding of something in a manner that just seems to arrive in our awareness. What is revealed may be about the past, the present, or the future. It can come into our awareness in a variety of ways. For most people, this type of awareness comes in its own time, rarely on call. However, we can all learn to make it more available.

This workshop is designed to help enhance intuitive capacities. Simple, practical approaches are explored that help participants:

- define and understand intuition
- identify existing intuitive awareness
- discussing different types of intuitive awareness
- learn the various channels through which intuition comes
- develop programs for enhancing current capacities and learning new ones

Once we realise intuition is normal and to do with direct perception, special awareness and understanding can become available as a normal routine. This can make a great difference to our day-to-day lives and, for those who are interested, expand their creativity in whatever they are doing. (2 days)

### **REJUVENATION: Youthful Living At All Ages**

The health, life and vitality of youth are available to people of all ages to a far greater extent than most people think. So are the advantages of youth. Youthfulness was long thought by many to relate to genetics, the attrition of the passage of time on the body, and the accidents of living. Understandably, many people think there is little they can do to affect how youthful they feel to themselves and how youthful they seem to others. However, this is now changing.

Evidence is mounting from many different sources that there is much that we can do to promote youth and vitality, life and zest for living, regardless of age.

Exciting results are at hand based on observations of people engaged in a variety of meditations, physical programs, and social and recreational activities.

This workshop highlights the linkage between our living patterns and our youthfulness. It also provides an opportunity to learn simple things that promote youthfulness in our lives and all that goes with it. The suggestions are simple and practical. Many have tried them and were delighted to find them wonderfully rewarding and effective. Participants can discover that there is much influencing physical, emotional and mental states, that can lead to distinctive rejuvenating change.

This is a workshop for those who want to live fully and healthily throughout their lives. What they can learn in the workshop can give them the means of helping to achieve this result. (2, 3 or 4 days)

### **MANIFESTATION: Getting What You Want In Your Life**

Do you have what you want in your life? If you have not, or if you want more, then this workshop could help you get it. It is designed to help us to manifest in our lives all that is important to us - from the trivial and specific to the highly significant and Sublime.

We already use the mechanisms and techniques that will be taught in this workshop. We are no strangers to them, although we may not have previously realised what we were doing and producing with them. By identifying them, participants can find that they are in a position to use them consciously and deliberately, instead of unconsciously and “accidentally”.

The workshop will include:

- consideration of the source energy or power of manifestation
- the increasing “density” of experience as the process progresses from the Sublime to the worldly
- how our perceptions, intentions, thinking, feelings and activities contribute to the results

Simple exercises will be practised by all to help them learn how to manage the different aspects of the process. The process explored is practical and powerful and, while this takes a different approach from the usual in relation to making changes in our lives, many people have produced wonderful results with the orientation and procedures presented in the workshop. (2 days)

### **COMMUNITY CHANGE: Combining Meditation & Social Action**

In this workshop, you can learn the power of meditation and related action to promote change in the community. Meditation is a powerful tool in itself. Meditation and follow-up action is an even more powerful approach.

Many people are interested in contributing to the world in some way to make it a better place. They want to bring about changes. Naturally, personal interests and availability play important parts in this. The beauty of

the approach taken in the workshop is that anyone can use it to contribute.

Various aspects will be explored, including:

- several meditations that can have a powerful influence on other people, situations and events
- how small acts accumulate and how to accumulate them so major changes can be made
- joining forces with others and how to do so for maximum effect
- releasing our own unhelpful agendas so we contribute to and produce enduring and real social change

This is an exciting workshop for anyone interested in promoting change around them. What is learned applies to communities of any size: family, local, regional, country or world. We can make a difference, even in our own living rooms. (2 days)

### **EMOTIONS - Learning the Basics**

This workshop will help you to recognise your different feelings and emotions. A basic list of feelings will be presented. You can learn the distinctive sensations, flows of energy within the body, physiological changes, behavioural impulses, characteristic thoughts and how to intensify or diminish each feeling. These are presented in the workshop as the ABC's of our emotional lives, the basics that we need to know, if we are to manage our feelings deliberately in the different parts of our lives. This is very useful, powerful information.

This workshop is the first of two. The second of the two is planned for Ken's next visit in September this year. At that time he will do "**EMOTIONS - USING THE BASICS**", in which various ways of using the ABC's will be presented. (1 day)

### **EMOTIONS - Using the Basics**

This workshop, the last of the two-workshop series, is designed to help you learn how to manage various aspects of your feeling life. Using the information presented in the first workshop, participants can learn a variety of "feeling programs" for educating themselves and others to manage their emotional lives well. These will include:

- how to help people to feel particular feelings that they do not generally feel
- how to express feelings, they do feel in a variety of ways
- how to contain feelings that it is best not to express
- how to integrate thinking, feelings and actions

All programs are remarkably simple and effective. People can learn how to expand and integrate their feelings so they enrich and enliven the rest of their lives. (1 day)

### **MANAGING STICKY MOMENTS: Problem-solving Under Pressure**

What can we do when there is a situation that requires quick, clear thinking and well directed action, and when there is little time to plan or consider what to do? The workshop will address these issues.

It is possible to act effectively, whatever is going on around us and to act in such a way that everyone benefits from what we do. Participants will have the opportunity to practise some easy techniques that will enable them to do what they need to do when they are in challenging situations. During the workshop, some attention will be given to how to teach the techniques to other people, so that when something is urgent, we can ensure their effective support as much as possible. (1 day)

### **USING INTUITION IN COUNSELLING & PSYCHOTHERAPY**

Intuition, insight, creative flashes, illumination - all are words that refer to a special sense of knowing. Intuition reveals to us clear, direct, understanding of something in a manner that just seems to arrive in our awareness. What is revealed may be about the past, the present, or the future. It can come into our awareness in a variety of ways. For most people, this type of awareness comes in its own time, rarely on call. However, we can all learn to make it more available.

This workshop is designed to help counsellors and psychotherapists enhance intuitive capacities and learn how to use intuitive information in their practices with clients. Simple, practical approaches are explored through experiential exercises to help participants:

- define and understand intuition
- learn the various channels through which intuition comes
- identify & practise a variety of ways of using intuitive information
- learn simple ways counsellors and clients can enhance intuitive capacity

When working with people, counsellors and psychotherapists often have intuitive awareness of what is occurring with their clients and how best to help them. The content of this type of awareness may not make rational sense, yet it can be very valuable. One of the goals of the workshop is to help counsellors and psychotherapists to learn the value of intuitive "information" and to learn how to apply it. (1 days)

### **THE PARENT MAP: How to Stay on Track with Our Kids**

This talk by two internationally known and experienced parent educators helps bring humour, understanding and direction into parenting. Most parents value these qualities. Parenting is such a long job - twenty or so years - that it is easy to get lost along the way. Also, our children change so much through that time, that knowing what to do and when to do it, is very helpful.

Ken & Elizabeth will suggest that good parenting is a proactive job in which the parents take the action to the children much of the time. The parent's job is to set a lot of the general agenda. This is different from reactive parenting in which the children tend to set the agenda and parents respond to it. Good parenting also involves a balance between the parent's job of training children to live life in the world and of supporting the uniqueness of each child as he or she grows up.

It helps us as parents to know what is going on, what we want for our children and how to achieve it. Ken & Elizabeth will present a simple, helpful outline of what children need between conception and adulthood. In particular, the overall needs of babyhood, early childhood, later childhood, and adolescence will be considered. This gives an idea of the terrain through which we travel as parents. They will highlight the value and importance of knowing the destination for our children, that is, what sort of people we want them to be as adults. And they will present practical things to do at different ages so that children do turn out the way we want them to turn out.

There will be opportunity for questions and discussion.  
(1 or 2 days)

### **THE FOUR STAGES OF PRIMARY SCHOOL CHILDREN & WHAT TO DO ABOUT THEM**

Children go through very significant changes as they move from five to twelve years of age. The decisions that they make through this time and the knowledge that they gain about the world and themselves, are of prime importance and influence the rest of their lives.

Parents, teachers and other concerned adults make crucial contributions to children. Knowing the types of issues that they face can make this process much easier, and more deliberate and, for the child, liberating and empowering.

During the workshop, the four stages will be introduced and discussed.

- Playing with Triangles
- I Am What?
- Us and Them
- Little Mum, Little Dad

Amongst other things, you can understand why they young ones seem to set up “love triangles” and fights around them, what is going on with your deeply concerned (perhaps distressed) six to seven year old, the value and pitfalls of clubs and groups, and what to do when you are sharing the parenting of everyone with your youngsters. And there will be more.

The information and approaches given have been tested for many years by thousands of people. They are practical and helpful, and geared to the everyday realities of family life. Having the information has helped many parents feel empowered and relaxed as they have discovered that their children are normal and as they have learned how to respond to what they are going through.  
(1 or 2 days)

### **THE FOUR STAGES OF ADOLESCENCE & WHAT TO DO ABOUT THEM**

This is a workshop for parents and other caretakers of adolescents.

Parenting and guiding adolescents is a challenge. Often confusing for both the caretakers and the adolescents themselves, the teenage years can become much easier

for all concerned, if the caretakers have a sense of knowing what is going on and what they are doing.

The trick for dealing with adolescents is to understand what is going on and to know how to deal with it. To help with this we will show how adolescents progress through four different stages, each with its own characteristics and each requiring a different style of parenting and guidance.

If you have already been through it you will recognise:

- the Baby,
- the Fighter,
- the Fledgeling, and
- the World Leader.

In general, we will suggest that caretakers need to nurture the baby, win the fight, help mature the fledgeling, and promote mutuality with world leaders. “Good reasons” for each of these strategies will be discussed as fully as possible during the workshop.

Knowing the differences between the stages helps caretakers to respond as needed so adolescents get what is necessary in each stage and can move on to the next until they reach full maturation. It also helps us avoid the traps of treating adolescence as if it is just one phase and adolescents as if they are already adults.

Come to the workshop and, in company with others dealing with the same things, unravel the mystery. Find out practical ways of dealing with the many different situations with which adolescents confront us, ways that many others have found to work. Ask your questions and draw on Ken’s and Elizabeth’s years of experience.  
(1 or 2 days)

### **MAJOR LIFE CHANGES AND SPIRITUAL GROWTH: Managing Epiphanies and Crises in Our Lives**

Spiritual growth is to do with the whole person recovering his or her inherent wholeness. Every event in our lives is a further opportunity for this, whether we understand the contribution a particular event is making or not. All we need to do is to know how to manage ourselves well enough to gain the benefits.

For many people, the so called “epiphanies”, or high points of life, seem easier to harness for growth and development than the others. They are to do with opening, expansion and transcendence. They seem directly related to Awakening. By contrast, difficulties and their related experiences often seem more connected to closing, contraction and fixation, the opposite of what seems needed.

As we become more experienced, all of us can discover that both sides are involved in spiritual growth. Transitions into Grace, Power, Love, Light and Fulfillment, and periods of pain, difficulty, uncertainty and challenge, contribute to our wholeness, contribute to our development.

The workshop is designed to help participants learn to understand the meaning of what they are experiencing in life and how to act in relation to those experiences for

maximum benefit. A perspective and orientation will be presented on how our personal Oneness very precisely propels us into and compels us through the experiences through which we live, whatever they are. Practical methods of identifying the lessons, doing the necessary learning and of staying on track, will be practised. Discussion of personal experiences, current or past, form the basis of the learning. Also, some attention will be paid to methods of easing ourselves through the difficult times. (2 days)

#### **ANXIETY AND DEPRESSION: Simple Ways to Deal with Them**

Anxiety and depression are very common. Their consequences affect the lives of many people, some to an incapacitating degree. This workshop is about how to deal with them.

During the workshop, the suggestion made about anxiety and depression is that each can be dealt with completely. The basic dynamics (how they work) are very simple and the principles of how to deal with them are just as simple.

The biggest challenges come from doing what is necessary to make the changes on which resolution depends. What to do and how to do it, are a major part of this workshop. Because there will be a lot of opportunity for discussion, everyone can take the chance to discuss their particular interests and needs(1 or 2 days)

(Anxiety and depression can affect our lives very deeply. This workshop is about how to deal with them ourselves in practical ways. It helps us to have something to do that makes a difference, whether we are using some other form of treatment or not. Discussing a variety of things to do and how to do them, is a major part of this workshop.)

#### **ADOLESCENCE: The Four Stages & What to Do About Them (Public Address)**

Raising and caring for adolescents can be challenging and confusing for both the caretakers and the adolescents themselves. So many different things seem to be going on at the same time.

The teenage years can become much easier for all concerned, if the caretakers have a sense of knowing what is going on and what they are doing. The first thing to understand is that adolescents go through a series of different stages. They are not the same people throughout. They need different responses at different stages, if they are to get the best from what we as adults have to offer to them.

Come to this talk and start to unravel the mystery of the teenager in your midst. You may find that you can get some more joy and love in your home, your classroom, your consulting room etc.

Find out practical ways of dealing with many different situations with which adolescents confront us, ways that many others have found to work. Ask your questions and draw on Ken & Elizabeth's years of experience.

#### **PERSONAL CHANGE BY "BEING" OUR-SELVES**

This workshop introduces people to the practice of "using" being to change ourselves and others.

The being each of us is, is what we are fundamentally. Being is the foundation that underpins everything. It is in everything that we do. Everything that we think and feel is influenced by it. Every perception we have is filtered through it. For each of us to know ourselves, we need to know the Being that each of us is.

During the workshop, we will be doing a series of exercises to explore various aspects of Being and the influence Being has. We will explore the impact of our-Selves on ourselves, impact of our-Selves on other Selves, and impact of other Selves on our- Selves. And we will experiment with ways of knowing our-Selves through direct experience of Being. Participants may discover various levels of Being in this process, as well as various ways of accessing Being directly. To explore this area further, we will also experiment with knowing our-Selves through direct experience of other Selves.

A whole new style of life becomes possible as we learn to live in Being. This is very different from living through doing, a style of living that many of us are taught in the West as we grown up.

The workshop is directly relevant to everyone interested in personal and fundamental change. We can use the approaches in our own lives and with others. (2 days)

#### **GETTING WHAT YOU WANT IN LIFE**

Do you have what you want in your life? If not, or if you want more, then this workshop could help you get it. It is designed to help us to produce in our lives all that is important to us - from the trivial and specific to the highly significant and Sublime. Many people have learned and now regularly benefit from what will be taught in this workshop.

Everyone already uses the simple methods that will be taught in this workshop. We are no strangers to them, although we may not have previously realised what we were doing and producing with them. Most people do not know what they are doing, however. When we know what to do, we can do it consciously and deliberately, instead of unconsciously and "accidentally". And this is where the workshop can help.

The workshop will include:

- harnessing the power of creation in our lives (through the source of manifestation)
- creating perceptions, intentions, thinking, feelings and activities that contribute to the results we want
- producing the results we want in our day-to-day lives

Simple exercises are designed to help all learn how to manage the different aspects of the process. The process itself is practical and powerful. Most people have found that practice is all that is necessary to become very effective. (2 days)

### LOVE AND LIMITS THROUGHOUT CHILDHOOD

Children need a variety of things to help them to negotiate childhood successfully and reach adulthood as competent, happy and healthy people. Many adults today recognise the vital importance of love as the energy that feeds their children in a primary way. Many adults also know the importance of providing firm guidelines that will enable their children to live in communities with other people.

A major challenge of most people who have responsibility for children, whether as parents, teachers, or significant adults, is how to manage both love and limits at the same time. Is it possible to be loving and provide limits too? How do we know when to take a soft and loving approach and how do we know when a hard line would be more useful and effective? Is there a middle ground? What we actually do as parents shows our answers to these questions.

This workshop will address these issues and more. Elizabeth will give information on how to manage this combination of "soft love" and "hard love". Ample opportunity will be available for questions and discussion. She has a wealth of experience with children and parents, and can make many practical suggestions. (1 day)

### PRACTICAL APPROACHES TO HEALING

Healing ourselves is in our own hands. This reality is both challenging and exciting. On the one hand, it shows us that we need to take responsibility for our own health. On the other hand, it shows us that we have options for improving our own health through our own efforts.

Because we are responsible, we need to decide on what we do and what we allow to have done to us. Investigating what is available is important and deciding between the options is necessary. In this workshop, we will discuss ways of handling these two steps. How do we decide between medical and non-medical forms of treatment, or between the conventional and non-conventional? Can we do both at the same time? Whether medical or non-medical, how do we decide which practitioners to use?

Also, various basic approaches to health and healing are included, approaches that we can use to support any other procedures that we may need. These will include ways of managing bodily, feeling, thinking and spiritual issues. Bodily issues will be covered by such topics as diet and exercise. Feeling and thinking issues will be dealt with through two simple meditations - *Grounding Meditation* and *Complete Health Meditation*. Spiritual issues will be discussed in terms of the contribution that health issues may make to our overall unfolding as people. Another meditation, *Mantra Meditation*, will be used to help release spiritual energies. Various other approaches to hands-on healing, such as, Reiki Healing, may be included also. (2 days)

### FEELING ALIVE: Harnessing the Life-giving Power in Our Feelings

Our feelings keep us alive. As "emotional blood", they keep us alive emotionally. They provide vital nutrients for both our energetic systems and our bodies. And every feeling is important, both the ones we like and the others.

Feelings lay the foundation for our emotional vitality and resilience. They simultaneously providing important signals to us about current people, situations and events. Each feeling has a contribution to make, because each has a different nutritional value and a different set of signals.

When flowing freely and integrated with thinking and activity, they liberate us into a life filled with vital force and life. Feeling them and harnessing them, makes it possible to live a life saturated with love, joy, security and fulfilment.

We will concentrate throughout on living expressively and with feeling, and on how to release the flow when we have become inhibited. Some attention may be given to how to integrate great feeling intensity. The workshop will include specific information and practice on the following areas:

- absorbing the vitality in feelings through grounding
- resolving and releasing blocks
- multiple feelings
- feeling cycles
- feeling layers
- handling "too much" feeling (2 days)

### RAISING HAPPY, SECURE CHILDREN

Some of the greatest gifts we can give our children are the capacity to feel happy, the confidence to live their own uniqueness and the skills to live as contributing, responsible members of society.

Children grow naturally, provided what they need is at hand. And much of what they need comes from high level involvement with their parents and other adults. How we involve ourselves is important.

Ken will cover various issues during his talk. These will include:

- the place of complete (unconditional) acceptance
- the place of conditional acceptance
- ways of supporting self-esteem
- too much or too little of anything can spoil the outcome
- the strengthening effect of limit-setting
- the need to adapt to the world

Time for questions will be made available at the end of the talk. (Talk)

### FROM NEED TO FULFILMENT

Meditation and meditative living offers the hope of a life filled with love and joy, completion and satisfaction. But to many of us lives like these are inconceivable, because what we are living is so painful, unhappy and challenging. This workshop is designed to help people

mover from lives filled with difficulties and apparent scarcity, to lives of fullness and completion. This transition is possible for everyone.

While for some people making the changes is far more challenging than for others, everyone can change as needed, if commit to doing so. Ways of doing so, are introduced during the workshop.

Workshop participants will practise several meditations that both lay a foundation for a happier future and help to promote that outcome quickly. Several basic general orientations to living will be introduced also that help people to deal with the challenges in their existing lives in ways that lead them into what they want rather than away from it.

All approaches are very simple, practical and have been tested in the daily lives ordinary people. They do work. They include: learning to value all feelings and thoughts as paths to freedom and ease, experiencing the healing power of love in meditation, and ways of keeping on no matter what seems to get in the way. (2 days)

### **DEALING CREATIVELY WITH CHANGE**

Many government-based organizations and large corporations are changing fundamentally these days. They are downsizing and rationalizing their work with inevitable consequences to staff. New people arrive, existing people have to change jobs or leave, some people are discharged, others are faced with redundancy.

Handling the processes involved is generally challenging for everyone. Intense feelings arise: worries, doubts, hopes and fears. Staff relationships can become very strained and difficult. Families can feel the effects, too as we carry the tension and difficulties back home with us.

This workshop is designed to help us deal with these pressures, tensions and stresses. Simple procedures for self-management will be introduced. Ways to approach difficult situations so we produce desirable outcomes for ourselves and others will be practised. And discussion of specific situations facing those in the workshop will be undertaken in relation to the procedures introduced.

(2 days)

### **FINISHING IT OFF: Using Developmental Material and Parenting Skills with Adults**

These days, we are legally defined as adults somewhere between the ages of eighteen and twenty-one, depending on the countries in which we live. When we are children, this can seem like the magical time when everything is suddenly made alright. We may imagine all our problems dissolving as we become confident, all-powerful adults.

The reality is different from this. While we do enter adulthood with the skills and knowledge we have achieved while growing up, the rest does not dissolve over night. If we do not solve our problems and learn how to cope with life as children, we generally enter adulthood with those same problems and gaps. And any area of life could be involved.

Very significantly, where we did not develop fully as children, we continue to act, think, feel and perceive like children in those areas. So we see ourselves and other fully grown men and women acting like, for example, demanding two year-olds, or fearful four year-olds, or bossy ten year-olds.

Elizabeth and her husband, Ken, have spent many years working with people on these kinds of issues. They have found great benefit comes from working with people on the unfinished childhood business. The way they do it is to help people do the learning in adulthood that they needed to do in childhood. Their knowledge of child development and the way they use it with adults are important keys to their success.

The workshop will include both the developmental understanding that Elizabeth and Ken use, and how they use it with adults. It is an exciting and simple way of working with people and would be an asset to most people in the helping and teaching professions. (1 day)

### **KEEPING THEM HONEST: Raising Your Children to Be Good People**

Most parents want their children to grow up to be good people. We want them to be happy, healthy, successful and to be the kinds of people we would like to know. We want them to reach adulthood with a sense of right and wrong, with a commitment to justice, honesty and integrity. How can we do this?

Through the twenty-one years of a child's development, we have many opportunities to instill our values and ethics. Elizabeth will talk about this from a practical point of view. She will highlight how children go through different phases of their ethical development and how we need to respond differently in each phase.

In the beginning, babies are extremely self-interested. From this position, they move increasingly as children to understanding things as good or bad, right or wrong and being taught that there are rules that have to be obeyed. Finally, in adolescence they move develop an understanding of principles and guidelines on how to make decisions and how to act in life.

Elizabeth will present different approaches for each of the three phases with practical examples. She will also take questions and discuss specific situations with participants. (Lecture)

### **BEING THERAPY**

Being Therapy, or doing therapy through Being, is a general healing orientation and psychotherapeutic method with practical spirituality integrated in its processes. Built on an understanding of basic personhood, or Being, the therapy involves practitioners and clients engaging from Being to Being. It is their engagements at this level that initiate, guide, fuel, support and complete the therapeutic processes used.

The events in the clients' lives pace the overall therapy and prompt the specific interventions used. Living their lives as full human Beings is the primary orientation. Clients are encouraged to use all their current capacities

and to develop others that they need so they can do this. Specific interventions target aspects in the full spectrum of life. They may involve anything from tying shoe laces, through managing complex feelings, to realising who they are fundamentally as people. Practical outcomes in day-to-day life show the effectiveness of the work done.

Preparation of practitioners is crucial. Their personal evolution, maturation and realisation is fundamental to the process, as the person of the therapist is the main instrument in the therapy. What he or she does or uses, while indispensable, is seen as secondary to who he or she is.

The workshop includes the presentation of a simple map of personhood, the major dimensions of the therapy, and several basic techniques. For all its apparent breadth, this approach to therapy is very concrete in its delivery and integrates well with most other therapies. The workshop material will enable those who attend to make a start for themselves. (2 days)

#### **IN TIMES OF STRIFE AND TROUBLE...: What to Do to Make Life Better**

Life is a pretty tough struggle for many at the moment. Many opportunities seem to be contracting, leaving little in their wake. Understandably people feel like retreating and hope that it will all go away quickly. Many are dejected, angry and feeling impotent in the face of what is occurring.

During this workshop, Ken will present a series of practical things we can all do at such times. In general, he will suggest that we need to learn how to ebb and flow with the times and will go through concrete ways of doing this. Learning when to retreat, when to fight, when to compromise for the sake of overall resolution and when to flow freely into what is there are all part of this. Both day-to-day things and ways of managing ourselves will be included. (2 days)

#### **MANAGING SUICIDAL PEOPLE**

This is a workshop providing an opportunity to learn effective and practical methods for dealing safely with suicidal people.

Suicide and attempted suicide are major mental health problems in the Western world. New Zealand's high rate of suicide amongst young people, adolescent young men in particular, is a great concern.

Practical, tested ways of assessing the risk and of working safely with suicidal people will be explored. Managing ourselves well as helpers is an important part of the process, and ways of doing this will also be covered. Step by step guidelines will be provided.

This workshop has been of considerable value for health professionals, teachers, parents, family members and others who work or live with suicidal people.

**Ken Mellor** has worked as a psychotherapist for thirty years. He is also a trainer of psychotherapists. His extensive work with very disturbed and self-destructive

people has given him extensive experience of how to manage such behaviour. Noted for his lighthearted and practical approach to things, it should be a real treat to hear what he has to say about this very important area.

(1 or 2 days)

#### **COMMUNITY AS THE GROUND OF SPIRITUAL MATURITY**

We explore several aspects of the link between living in the community and the Awakening process. The old adage, "No person is an island" has very important implications to everyone on a personal quest for Enlightenment.

Awakening is promoted by strong personal grounding through our bodies into the physical world. It is also promoted by us living our lives with full involvement in the communities that support us.

Various developments occur naturally as we progress. The more highly charged we become, the more extended out networks need to be to ground the charge. Attention naturally turns to service and to contributing to others around us. A natural ethic arises within us that we use to monitor and guide our lives.

Techniques for promoting these developments fill a major part of the workshop. Also, participants will explore the way increased Awakening brings with it an automatic increase in responsibilities. (2 days)

#### **PARENTING CHILDREN SUCCESSFULLY**

Several ingredients help parents to raise their children successfully. Ken will touch on seven of these in this workshop that is designed for parents, grandparents and professional people working with children. He will touch on seven ingredients during the workshop:

- You're not perfect
- Each child is unique
- Make time for them
- Program your children
- Trust your instincts
- Keep learning
- Censor their exposure

Ken and Elizabeth have worked as parent educators for many years and have had a direct hand in raising hundreds of children. Their approaches to things are practical, simple, useable and effective. Their book "ParentCraft" is about to be published. (1 or 2 days)

#### **PERSONAL RESOLUTION IS PART OF BECOMING ENLIGHTENED**

We carry our histories with us in our bodies, and patterns of feeling, thinking and living. Much of this is valuable to us. Some is not, because it inhibits the flow of Life and keeps us so dense that we cannot respond to the refined beauty of Enlightened Experience. Yet, the process of Enlightenment is immediately available in us all.

Ken and Elizabeth will outline several very simple, powerful approaches to finishing out unfinished business. This will be done in the context of a wonderfully simple explanation of how doing so promotes our spiritual Awakening. Then they will take us through a Mantra Meditation that is specific for promoting Enlightenment. (Lecture)

### **PREDICTING THE PAST AND REMEMBERING THE FUTURE**

By breaking the normal sequence and boundaries of time, we can dissolve past trauma and promote healing and resolution in the present. As we shift perspective on time, we make available a whole range of techniques that enable us to make deep changes very easily.

This is a workshop is about making personal changes, both for those wanting to make them and for therapists wanting to know how to promote them. It is designed to introduce participants to the mutability of time and to ways that we can influence and reshape our pasts. It also highlights the way the future, while apparently a not determined, can reach back to the present and influence events before they have occurred.

Participants can learn how to bring both their histories and futures into the "I AM"-Here-&-Now where both can be modified. Once "relocated" like this, we can work on what is left. Techniques for reconstructing both will be introduced and practised. (2 days)

### **COMMUNICATING WITH OUR CHILDREN:**

#### **How can we get them to talk to us?**

Have you got children or adolescents at home? How often to you have trouble getting them to talk to talk about or show you what is going on with them? Well this lecture could help transform what you have come to expect into something easy and enjoyable.

When things go well with our children, communication is generally easy. When the going gets tough, it is often fraught with difficulties. And the difficulties are on both sides - with the adults and the children.

In this lecture, Ken Mellor will present and discuss some basic principles for making talking to children and young people easier. We need ways of talking that enable us to see what is going on with our children, that help us to tell us what they are feeling and thinking, and to take the all important step of what we each do about what is going on.

Ken will emphasise how the actual words we use have a profound effect on the outcome of what we do. He will discuss guide lines for when to ask questions and how to do it so we can get more than a grunt or a one-word answer. Simple techniques will be covered for drawing our children out so they talk freely and easily, both about what they are enjoying and what they are troubled by.

An entertaining speaker, Ken is clear and very easy to understand. He speaks from many years of experience with families and children, and what he teaches makes a difference. He and his wife, Elizabeth, are the authors of "ParentCraft: Essential skills for raising children from infancy to adulthood". Both of them travel extensively and run parent education workshops in various parts of the world. (Lecture)

### **FACE TO FACE WITH SUICIDAL PEOPLE**

This is a practical, hands on, workshop. The emphasis is on experiential learning. It is designed for professional helpers and counsellors, teachers, parents, and family

members. It is about dealing with young people and adults who are actively suicidal. Areas covered will included:

- getting people engaged and talking
- checking what is going on
- staying alert and anticipating problems
- deciding when to act and when not to act
- setting up "life contracts" and "no-suicide contracts"
- providing enough protection

The workshop process will be as experiential as possible. The biggest challenge for many people when they are dealing with suicidal people is their inexperience. They don't know what to say, what to do, when to act, how strongly or how gently to act. So a variety of role plays and other exercises that are designed to give participants experience will be used.

Other themes may be explored including:

- parenting children so they grow up affirming life rather than thinking of suicide
- key developmental ages in relation to suicide

This workshop involves a major shift of emphasis compared with the workshop Ken did in Wellington last year. While there is some overlap of content, the process is very different. The emphasis of this one is on skill development, while the emphasis in the first was on understanding and information. (1 or 2 days)

### **COMMUNICATING EASILY WITH OTHERS**

How often to you have difficulty getting others to talk about or show you what is going on with them? How often does what you day seem to make matters worse. Well this workshop could help transform what you have come to expect into something easy and enjoyable. The techniques generally work well with everyone, both children and adults.

Some basic principles for making communicating with children, young people and adults easier. We need ways of talking that enable us to see what is going on with our children, that help us to tell us what they are feeling and thinking, and to take the all important step of what we each do about what is going on.

The leader will emphasise how the actual words we use have a profound effect on the outcome of what we do. Guide lines will be discussed for when to ask questions, when to make statements and how to do so, so we can get more than a grunt or a one-word answer. Simple techniques will be covered for drawing out people so they communicate freely and easily, both about what they are enjoying and what they are troubled by.

This is a workshop of potential use for everyone. Come along and clear the channels between you and others. There will be lots of opportunity to ask questions and to practise the suggestions in a safe environment. (1 day)

### **LOVING CHILDREN THROUGH THICK AND THIN**

Children need many things in order to thrive and reach adulthood in good shape. Parents have a strong and natural drive to provide these things. The parenting

imperative is to do whatever is necessary to ensure that our children end up as happy and successful adults. All parents work hard to achieve this and at times struggle both to do their best and to know what is the best.

Love is the basic energy behind successful parenting. It is always there but sometimes it is not so easy to know how to express it or how to use the energy to get the results that we are after. Can we love our children and discipline them at the same time? If we can, then how do we hole to what we think is important if our child disagrees or finds it difficult? Sometimes we don't like what our children do and yet we continue to love them and this can be confusing.

In this lecture, Elizabeth will address these questions and more. She will talk about four different kinds of love that children need and that parents experience. Understanding these makes it much easier to deal with some of the more challenging and complex situations that parents find themselves in with their children. There will be time for questions at the end of the talk.

**PERSISTENCE, PERMISSION & PRACTICALITIES: Teaching kids to be in charge of themselves**

This workshop is about how to teach children to take charge of themselves and their lives. This is the main job of all people who are responsible for children. We need to make sure that by the time they are ready to leave home at around the age of 18 to 21 that they have all the skills that they need to operate independently in the world.

If we leave this training till they are in their teens, then we will find that our task is very challenging. If we start when the children are younger, then it will be much more straightforward. There are things that we can teach a two year-old that are primary building blocks for the future, independent adult. And this general point is true for all ages.

In this workshop, Elizabeth will teach skills that will enable you to teach your children how to make decisions, how to think clearly, how to balance what they want to do with what they have to do and how to deal with feelings. Many parents, caretakers and educators have used this information and found it easy and helpful. What she does is practical and adaptable to a wide range of situations. There will be time for questions and discussion during the workshop. (2 days)

**METHODS FOR RAISING SELF-ESTEEM IN OURSELVES AND OTHERS**

How we value ourselves influences all areas of our lives. It affects the way we relate to other people, our personal well being, the decisions we make about our live and how we live in very fundamental ways.

The basis for the esteem in which we hold ourselves is laid in childhood. So it is useful to understand what we, as parents, teachers and caretakers, can do to make sure that the children in our care have the building blocks of good self-esteem. As adults understanding the essence

of good self-esteem means that we can increase our own and support others raising theirs.

Elizabeth will give practical information on how to produce and raise good sel-esteem. There will be opportunity for discussion and some practical exercises as well. (1 day)

**COPING WITH DIFFICULT PEOPLE**

Life is full of challenges. Many of us welcome the varied opportunities that they offer us, all sorts of new learning arises with taking a new job, or getting married, or having a family for example, or travelling overseas. We may not welcome some challenges, of course, even if we know that they will help us to develop as people. We find them hard to manage.

This workshop is about a common challenge in life, the challenge of coping with the people in who we find difficult. At some time or other most of us will face this. Maybe they will be family members, or perhaps people we work with, or clients, or maybe friends. Whoever they are, our lives will be easier, as we learn how to manage them, ourselves with them and the situations in which we are jointly involved.

In this workshop Elizabeth will take participants through several exercises that are designed to help promote this learning. She will also introduce a number of strategies that are simple to use and very effective. Participants will have the opportunity for questions and discussion.

Elizabeth brings over 25 years of experience in a wide variety of settings to what she does. Much of her work has been with people who have been put in the "too hard basket" by others, so she has developed many skills in handling the tougher issues with people. She and her husband, Ken, regularly come to New Zealand to run workshops such as this one and the continued high attendance at these workshops indicates the value that people place on their contributions. (1 day)

**PARENTING OTHER PEOPLE'S CHILDREN**

Step-parents, foster parents, adoptive parents and parents of children conceived with medical assistance, all have one thing in common. Their children are not biologically related to them.

Non-biological and biological parents have wonderful opportunities to share in the creation of new human beings. The rewards are great for both parents and children. And all parents are creating the world of the future through the children they raise.

At the same time, non-biological parents have different connections with their children. These differences can bring both challenges and advantages. For our ease as parents and for the benefit of our children, it is vital that we understand these difference as much as possible. At times, for example, people are concerned that if they acknowledge their non-biological connection, then they will damage the child. In fact, well handled, this acknowledgement can be of powerful help to everyone.

In this talk, Elizabeth will share some of her own experiences as a step-mother. She will address many of the issues that confront non-biological parents. Some of what she talks about will be useful for people who have a parenting roles, but who are not parents, for example, teachers, youth workers, and aunts and uncles. Elizabeth will also make time for questions at the end of the talk.

(Lecture)

### **EVERYDAY LIFE AND THE DIVINE**

Most people live busy lives that they fill with work, family and play. Today's common lifestyle is often full of activity and pressure. In the midst of all of this many people experience a yearning for something more. They are aware of having a hollow inside that cries out to be filled. Some think that they can fill it by working or playing harder, by doing more of what they are already doing. But they find the pressures building even more. Their yearning for fulfillment increases. The more they live like this, the emptier they get.

The solution is to interrupt the cycle. And meditation is a powerful way of doing this. It can satisfy the need for fulfillment. A variety of techniques that have been proven to work by millions of people for thousands of years are available. Using them we can connect with ourselves in a deeply satisfying way. Very importantly, we can learn how to do this while we live normal lives.

Elizabeth and her husband, Ken, have taught meditation for twenty years. Elizabeth has practised it for most of her life while working in a variety of jobs, raising a family and living a normal life. She has a great understanding of the pressures facing most people and has developed many practical ways to get the advantages of meditation while coping with day to day realities.

In this workshop, Elizabeth will teach everyone a series of meditations that they can use in a variety of ways. She will pass on many helpful suggestions about how to use meditation to help manage life and how to bring the Divine into every day. There will be time for discussion of individual needs, as well as time for meditation.

(2 days)

### **STRUGGLING WITH CHILDREN FOR THEIR BENEFIT:**

Struggle is a normal part of growing up. Children do it with their parents, with other adults, with their brothers and sisters, and often within themselves. What they need is to learn how to handle their struggles so that they resolve them, learn what they need to learn and move on into other learning.

The challenge these days for parents and other caretakers is that communities give little support or modelling for doing this. The consequences can be serious. Children who don't learn to resolve their struggles usually become adults who continue to struggle for rest of their lives. See someone in adulthood who is in regular conflict, abusive physically or verbally, or seemingly unable to master his or her impulses and desire, and you are almost certainly seeing someone who did not learn when growing up how to manage these things. And this is unfortunate or tragic when we realise the learning and the teaching is very straightforward.

During the workshop, Ken will discuss how to struggle and win for the child's sake, times to struggle and times to avoid it, and different kinds of struggle and the ages they tend to occur.

Lots of opportunities for questions and discussion will be available. Discussion areas could also include managing aggressive or self-destructive behaviour, hyperactivity, ADD and ADHD, and acting out.

The workshop is designed for parents, health professionals, teachers, school counsellors, family members and others who have to manage struggles with children. Come and learn how to stand your ground with strength and compassion. Children need this from us, the adults who care for them.

Ken Mellor has worked with parents and families for over thirty years. He is a trained psychotherapist and social worker. For much of this time, he has worked internationally training psychotherapists, counsellors, others in the helping professions, and parents. His extensive work with families and agencies forms the bedrock of the experience he will bring to this workshop. Always clear, challenging and light hearted, Ken's style makes learning from him easy. What he teaches is practical and effective, too.

Ken is also co-author, with his wife Elizabeth, of the book "ParentCraft: Essential skills for raising children from infancy to adulthood - Finch, Sydney, 1999".

(1 or 2 days)

### **MAKING CONFLICT HEALTHY WITH YOUR CHILD: A Talk for Parents Who Struggle with Struggle**

The struggles children have with their parents are a necessary part of their growing up. Yet often as parents we find these struggles a real challenge. We are often at a loss to know how to manage them, how to manage our own feelings and impulses, and how to do what will be right for our children in the long term in the middle of all the intensity we feel.

In this talk Ken will highlight the creativity in conflict and the way it can strengthen all involved. He will discuss how it is part of loving our children and ways of entering it that promotes the best possible outcomes for our children. To help produce these outcomes, Ken will outline the changing nature of conflict at different stages and present what we need to do our responses to ensure our children get what they need in those stages.

A recurring theme throughout the talk is how to love our children and get them to do what is good for them for their long-term welfare, even when they are resisting. Practical simple ways of managing conflict with our children will be discussed and the opportunity questions and discussion will be made available.

Ken and Elizabeth Mellor have worked internationally as parent educators for many years and have had a direct hand in raising hundreds of children. Their approach to things is practical, simple, useable and effective. They are the authors of the internationally acclaimed book

“ParentCraft: Essential skills for raising children from infancy to adulthood - Finch, Sydney, 1999”.

“After reading your book, and can only say I wish you'd written it 17 years ago! Maybe then I wouldn't be wishing for a rewind button for my teenager! I've passed my copy along to a friend who has a six-month-old boy.”  
- Rita (Hawaii)

“ParentCraft is one of those special books that, once read, moves people to share it with others.” - Eric (Book reviewer for international journal)

### **LIVING TRUE TO YOUR SELF**

This is a workshop for people who experience themselves as overloaded in their everyday lives. Many people are in this position these days. Practical help is available.

We do best in life when we live from our own cores. Our retaining a primal centeredness in our selves is fundamental to our having well balanced, happy and fulfilled lives. However, we live in a world where there are myriad invitations to lose our selves in what we are doing, in other people's passions and expectations, in rules and regulations, in the outside.

In this workshop, we investigate how to stay centred and how to recover our centres if we have lost them. As we recover our selves, we can experience the energy and fulfillment that Life makes available to us from within. Once flowing through us again, we can also learn to ride Life's flow, rather than trying to control or to suppress it.

At the same time, we need to keep a balance between ourselves, others and the situations in which we live. All three areas are important in our lives. When we get them out of balance, all sorts of unnecessary complications usually arise. Very simple ways of keeping our balance are introduced in the workshop.

Specifically, we will investigate how participants currently balance the demands of home and work, of leisure and work, and of their important life goals and those of others. This will be followed by the chance to make plans to change these patterns. (1 day)

### **APPROACHING DEATH AS A CELEBRATION OF LIFE**

Life is the only enduring reality. However, many people don't pay much attention to Life while they are living day-to-day. They seem to need prompting by Its intense like its beginning at birth, its various interruptions as they live, or its apparent end at death.

Participants in the workshop will have the opportunity to explore and challenge common ways of living that harm their aliveness. Many of us are unwell, unhappy, unfulfilled. Compared to what we could experience, our lives are contracted, dull and discordant affairs. During the workshop we will explore how we and others can recover from the impact of the ways we have lived. To do this, we need to recognise the suicidal aspects of our living styles and deal with them. For people who are very actively courting death - actively suicidal people -

we need to deal directly with what they are doing and with the escape hatches from life that they keep open for themselves.

Everyone will also be encouraged to explore some of the many issues about dying “naturally” and dying through suicide. Some of the questions addressed will include “What is death?” “What happens during and after death?” “How can we keep ourselves and help to keep others alive?” and “How do we know when to stop trying, when the time has come to go?”

During the workshop, Ken will draw on his 30 years of experience in both aspects of living. He will take participants through several Life enhancing . Approaching our own and other people's deaths from a Life-filled perspective is very different from approaching it in any of the many other common ways. (His article, “Suicide: Killing, Being Killed and Dying” (TAJ, V.9, No.3, July 1979) is used as a bench mark for closing escape hatches by many people in the TA scene.) (2 days)

### **DEALING WITH TOUGH TEENS**

For many parents the teenage years are fun and exciting. Through the teenage years, the children that we have loved and nurtured from infancy turn into adults as we watch. A time of great intensity, it is full of wonder. We see the beautiful results of our earlier efforts and we have a chance to fill in some of the gaps we may have inadvertently left open. We get a second chance to correct our mistakes.

In contrast the teenage years are a time of great challenge for some parents. Young people become extremely difficult, unpredictable and unreliable. Methods of discipline that worked when they were younger cease to be useful. The family is faced with significant turbulence and sometimes with aggression or violence.

In this lecture Elizabeth will address some of the hot issues facing parents with teenagers. Drawing on many years of experience in raising children, she will concentrate on practical ways of dealing with the challenges parents face. She will also answer questions from the audience at the end of the talk. She and her husband, Ken, are the authors of ParentCraft, a Practical Guide to Raising Children Well, Easy Parenting and The Happy Family. (Lecture)

### **RESOLVING CONFLICT**

All of us come into conflict with others at some time. It occurs at home, at work and elsewhere. If unresolved it can impact on our daily lives in ways that include stress, unhappiness and difficult home and work situations. Even when all the people involved seek resolution this can be difficult to achieve when emotions are running high and the skills required are lacking.

There is obviously still plenty that we need to learn about resolving conflict. This workshop presents a series of effective approaches to resolving conflict. Each can be used alone as required by a particular situation, or all can be used in a combined approach. All of them have been well tested in real situations. The results have been astounding at times.

The approaches include:

- the importance of the beginning
- finding common ground
- the "no compromise" route to resolution
- negotiating effectively and cleanly
- personally "digesting" the conflict
- taking the necessary time
- having deliberate breaks
- making any resolution mutual

There will be opportunities for participants to practise the techniques being taught, and to discuss the specific resolution of conflicts in which they may be involved.

(2 days)

### **LIVING WITH AND CELEBRATING DIFFERENCE**

The world is becoming smaller everyday. We can travel almost anywhere in hours or days. We can communicate instantly almost everywhere by telephone and other means. And we can participate minute by minute right at the time events unfold thanks to television and the Internet.

There are great advantages with this. We are truly a global family. We can see that people we may once thought very different are just like us, that people we once have called the "enemy" have concerns, interests and worries just like us. The changes can also make us increasingly aware of the responsibility that we all have towards each other. No longer are events or people too far away or hidden for us to ignore them or to decide that they are insignificant.

At the same time, the differences between us are more obvious. Other people's ways of thinking, living, acting can seem to be completely foreign to us. We may feel frightened, confused, or angry about this, or at a loss to know what to do. There are paradoxes here that are challenging to manage. And we do need to manage them. The peace and happiness of the world depends on each of us doing so.

In this workshop Elizabeth will take people through a series of meditations and exercises that are designed enable participants to learn to deal with difference, to learn to manage conflicts that can arise from different ways of being and to support living cooperatively and harmoniously. What she will do will also address how to take personal responsibility through helping to promote world peace.

(2 days)

### **PARENTING INSECURE, FEARFUL OR PHOBIC CHILDREN: A Talk for Parents of Children Who Need Support and Help to Deal with Life**

Learning to deal with fear is a normal part of growing up. We can expect virtually all children to feel fearful over something as they grow up. Even so, while most children learn what is needed to manage these feelings, the learning is rarely easy and is often very challenging. In part of his talk, Ken will outline ways of teaching children how to deal with their fears, ways that are designed to help them develop into secure, confident people. He will also mention the developmental stages at

which fear is particularly prominent and what we can do about it at those stages.

By contrast, some children seem to get stuck in some way with their fears and anxieties. They may develop fixations on things about which they worry fearfully, phobias that keep them away from animals, particular locations, foods, people and other things. Life can become so focussed on what they fear that, left to themselves, they would live very confined and narrow lives. Ken will outline ways of dealing with children who face these challenges, too. These and his previous suggestions are practical and well tested. Parents, teachers and other caretakers can learn to act effectively to help children in these kinds of binds.

Finally, Ken will address the influence that the fears we hold as adults can have on the children in our care. Adults, too, can learn to manage their fears and to release themselves from fearful patterns. He will briefly touch on these issues and refer adults who need help to the workshop he will be doing during the day on the following Thursday - "Handling Fears, Anxieties and Phobias as Adults".

(Public Lecture)

### **HANDLING FEARS, ANXIETIES & PHOBIAS AS ADULTS**

This is a workshop both for those who face these issues themselves and for those who do their best to help them cope. Ken will present simple, practical ways of managing ourselves when we are challenged by fears, anxieties and phobias. He will provide lots of information and plenty of time for discussion of how to use the suggestions made.

Many people find him a caring and secure presence when they have troubling personal issues to deal with. He is also well known for his sense of humour and for helping people have fun in his workshops, even those dealing with serious issues.

He will keep returning to three basic themes throughout the workshop

- There are ways of dealing with fears
- We can learn these ways of managing
- We can live our lives with confidence.

Ken has worked with people on these issues for many years. His approaches are used in many different parts of the world, where people have found them effective and life-changing.

Come along and find out what to do about these very challenging experiences and conditions. You are likely to find the workshop an enjoyable and fruitful experience.

(1 day)

### **THE SIX HIDDEN FACES OF TEENAGERS**

Many of the challenges we face with teenagers arise because we try and deal with them in one way only. Understanding that they grow through six distinctively different stages and that each requires different responses helps enormously.

The stages the Mellors will discuss are:

- baby
- dissenter
- fledgeling
- sweet and sour
- romantic
- world leader

Come along and find out how your teenager(s) fit the patterns and get lots of practical suggestions on what to do with each stage.

Ken & Elizabeth Mellor have been parent educators for over thirty years. What they teach has stood the test of time and its value is shown in the adults that young people raised according to their principles and practices have become. They have taught internationally for many years, too, and have published three books on parenting: *ParentCraft: A practical guide to raising children well 2<sup>nd</sup> Edition* (Finch, Sydney, 2001); *Easy Parenting* (Finch, Sydney, 2001) and *The Happy Family* (Finch, Sydney, 2001). (Lecture)

### **HELPING CHILDREN DEAL WITH LOSS & GRIEF**

Loss is something we all face in our lives at some time. Perhaps it is the loss someone who is important to us. Perhaps the loss comes through death, or a change of circumstance. Perhaps the loss is of other something that is important to us. Whatever the loss, whatever the cause, the usual, normal response is to grieve.

“Grief” is a simple word that describes a complex process with many different facets. For example, it can involve sadness, anger, fear, joy, relief and confusion. It take a long time for some and little time for others. The more intense the feelings, the more demanding and challenging it is for both children and adults. However, while they both go through many of the same sorts of experiences, children often need quite different ways of dealing with their grief which will require quite different responses from those around them.

In this talk Elizabeth will discuss the grieving process in general and specifically talk about how adults can support children through it. There will be an opportunity to ask questions at the end of the talk. (Lecture)

### **DEALING WITH ANGER**

Anger is challenge for many people, a feeling that many have difficulty dealing with. In this workshop Elizabeth will teach how to teach clients and children to manage their angry feelings.

Elizabeth will cover topics such as how to identify anger, what to do about it, how to identify and deal with the causes of angry feeling, and how to manage strong feelings while continuing to act in socially appropriate ways.

She will also discuss violence, both physical and emotional, how it relates to anger, when it doesn't and some strategies to deal with it.

Elizabeth will make the opportunity for participants to discuss their own issues. She has a hands-on approach that people who have attended her past workshops have found really (1 day)

### **CHANGING TIMES**

Life is constantly changing. Our work, our families, our personal inner lives are in a state of constant change. Many people find this stressful and difficult to deal with. Add to this the pressures and challenges in the wider world these days and it is no surprise to find that some of us are feeling overloaded and unsure of how to manage ourselves and what we are experiencing.

There are ways to manage these challenges and there are simple things that we can learn to do that can make most things more manageable. Elizabeth will take everyone through several exercises and teach some simple meditations that will support the process of making life much easier. She will also discuss how to use these techniques in the midst of a busy life. There will be opportunities for discussion of individual concerns.

So, if your life feels difficult or you feel a little overwhelmed by all that you are facing right now, come along and learn things that can make a very big difference to you. (2 days)

### **KEEPING TEENAGERS SAFE (A talk for parents and other support people)**

Probably all parents of teenagers worry about safety at some stage. As their young venture out into the adult world they meet many dangers, some of them lethal and permanent.

Ken will talk about both general and specific ways of ensuring as much as we can that our teenagers remain safe.

The general approaches will include how to stay in contact, to keep track, and how to guide and manage in ways that have a real impact on teenagers. This will include information on how to read teenage reluctance and resistance and take advantage of it for their benefit.

The specific approaches will include age-specific suggestions on the different approaches that are necessary and effective at different ages.

He will also introduce the “Rainbow Alert Scale” for assessing how at risk young people actually are and what we need to do about them.

Ken and Elizabeth Mellor have worked internationally as parent educators for many years and have had a direct hand in raising hundreds of children. Their approach to things is practical, simple, useable and effective. Currently writing a book on teenagers, they are the authors of the internationally acclaimed book "ParentCraft: A practical guide to raising children well-2nd Edition, Finch, Sydney, 2001". (Lecture)

### **STANDING YOUR GROUND**

Anyone could benefit from this workshop. Standing our ground is very important under many circumstances. Yet

most people are not taught this most fundamental of skills. In fact, many are taught the opposite.

So, here is a workshop to help everyone learn how to remain assertive when needed. We will deal with a variety of types of assertiveness as they relate to different kinds of situations, including:

- head-on
- mild and determined
- calming
- escalating
- passionate
- rational.

We also benefit from being able to handle other people's different styles. The following styles will be included in the workshop:

- bullying, blustering and bombast
- violence (physical or verbal)
- pleading, manipulating and cuteness
- responding selectively to real need or vulnerability.

We need to learn how to stay true to what is important in ways that make situations better rather than making bad situations worse. The workshop information and exercises are designed to do this. The workshop is also geared to enable participants to teach the material to others, including children. (1 day)

#### **BODY AND SOUL: Pathways to complete well being**

True well being comes from deep within each of us, from pulling together and harmonising all aspects of our lives. The secret is to get "body and soul together" and keep them that way. In order to do this we need some notion of what we are dealing with.

During the workshop we will explore the anatomy of our souls and how they are connected to our bodies. In fact, our bodies give us direct access to and joyous experience of our souls. While seemingly impossible for the finite to enable us to experience the infinite, it is possible. We will explore some of the many different ways of doing this during the workshop.

The fundamental importance of taking care of our bodies and the part this plays in our spiritual unfolding is a central theme in the workshop. Various areas covered will include the importance of:

- diet and rest
- different types of exercise
- movement and activity

We will also consider the interaction of body and soul, how the soul enlivens and heals the body, and the body helps to open us to our souls. This is a powerful workshop for anyone interested in physical, emotional, mental and spiritual well being. (2 days)

#### **COPING WITH CRITICISM**

Criticism is a very useful way of learning and developing our skills further. However, many people have problems with being criticised by others. We can react defensively, aggressively or feel like running away. Even when we have managed to deal with the situation

effectively, we may feel a lot of residual discomfort and need to deal with it.

A lot of us also have problems with internal criticism. Much of what we do is perceived by our internal critics as not being good enough, not reaching the desired standard, or even that we fail dismally no matter what we do.

Criticising others can be a big problem, too. Even if we understand the value of doing it, we can find it immensely difficult.

In this workshop Elizabeth will talk about strategies and take participants through exercises that are designed to enable people to offer constructive criticism, to disarm negative criticism and to give critical assessments effectively. (1 day)

#### **HELPING TEENAGERS KEEP IT TOGETHER**

Life can be tough for teens. The body is changing in exciting and sometimes challenging ways. Adult life seems just around the corner and is both enticing and frightening. School is suddenly much more demanding and the future seems more difficult rather than less. Issues such as whether to use drugs or not, to have sex or not, to follow the gang or to adhere to family values, are very much part of daily choices.

Elizabeth will explain that parents have a very significant role to play in supporting their teenage children through their complex stages of growth and that doing so takes lots of time and energy. She will suggest that parents need to act as coaches, bosses, mates, leaders, role models, supporters and disciplinarians to their teenagers.

She will discuss what parents can do to support their children through the teen years and how to balance the need for strong authority at times with the need to support developing autonomy. (Lecture)

#### **PSYCHOTHERAPY AND MEDITATION: The new wave in personal development**

Recent years has seen the exciting integration of two powerful approaches to personal development: psychotherapy and meditation. As a discipline, psychotherapy is younger than meditation by thousands of years, yet each has equally powerful, though different contributions to make to the other.

In addition, their differences promote deeper, more enduring and more fulfilling changes to the way people live their lives and experience themselves.

Increasing numbers of people are wanting to learn about these two approaches to change. At the same time, increasing numbers of therapists are wanting to combine them in their therapeutic work with clients. This workshop will be ideal for them.

Ken Mellor has been developing an integrated approach to personal change for over thirty-five years. He is both an expert psychotherapist and Master of meditation. Regarded as an authority in the world of Transactional Analysis, with which has integrated many other

therapeutic modalities, he has spent the last twenty-three years and bringing the ancient wisdom available through his meditation training and practice into the West in simple, understandable forms.

During this workshop, you will have the opportunity to learn some of Ken's own approach to personal change that draws on techniques from the two fields. His approach is light hearted, down to earth and effective. Many thousands of people have benefited from his storehouse of knowledge and his ready availability. There will be lots of time for questions and group discussion. (1 day)

### **THE BIGGEST CHALLENGES FACING PARENTS WITH TEENAGERS**

As children move into the teenage years parents begin dealing with many new issues and challenges.

While searching for solutions to deal with these challenges, parents often face many conflicting pressures and influences, both internal and external, which can leave them unsure of the best way to proceed.

In this talk Ken will address several key issues. He will suggest a range of strategies and pointers for dealing with the challenges that arise and point to ways that can bring benefit all concerned. The areas will include:

- the "uncool virus"
- the need to hang in there, to persist
- the belief that limits inhibit growth
- the "big secret"
- the theory that parents don't make a difference.

There will be time to ask questions at the end of the talk.

In over thirty years of working as a counsellor, psychotherapist and parent educator Ken Mellor has had a direct hand in helping hundreds of parents raise their children. He has developed a wide repertoire of strategies for dealing with the challenges facing parents in today's world.

Ken and his wife, Elizabeth, are recognised internationally as experts in child rearing. They are the authors of *ParentCraft: A practical guide to raising children well* (2nd edition, Finch, Sydney, 2001)

Their latest book is just out: *Teen Stages: How to guide the journey to adulthood* (Finch, Sydney, 2004)

(Lecture)

### **AWAKENING HEALING - LEVEL 1 WORKSHOP**

In this workshop Elizabeth will introduce participants to the practice of Awakening Healing. In this first stage of a multi-level training program, she will teach areas such as understanding healing, using meditation in relation to healing and some ethical foundations for healing practices. She will also provide lots of information on how to use energetic healing methods.

In addition, the workshop will introduce participants to both Awakening Era Reiki and Usui/Tibetan Reiki. Each participant will be taken through the first attunement in each. These attunements activate in recipients the unique

healing energies of each system. Following the attunements, she will provide information on how to begin to use the healing energy that will then be available.

Elizabeth is both a Meditation Master of many years standing and a Reiki Master. She is, therefore, well qualified to link meditational processes with Reiki processes and to highlight how each enriches the other in practice. (2 days)

### **KEEPING THE BALANCE RIGHT**

Whatever stage we have reached with the practice of meditation, getting the balance right in as many areas as we can is well worth the effort. Apart from the way this helps us to live much more easily and fully, without balance we can easily block our personal progressing towards awakening, while with balance we can keep expanding and progressing.

Balance is important in all areas of life, for example, between:

- home and work
- sleep and activity
- physical exercise and rest
- time for partners and time for family
- meditation and day-to-day activities
- spiritual and worldly pursuits.

During the workshop, we will explore the areas of balance and imbalance with which participants in the workshop are grappling with in their lives. This will be an opportunity to identify important issues in your lifestyle and to make effective plans to establish the balance you need for your own good. To do this, we will engage in a variety of meditations and exercises. (1 or 2 days)

### **CREATIVITY AND YOUR CHILD (Talk)**

#### **How to Help Children Fulfil Their Creative Potential**

This workshop is about how to enable children to open up to the creative possibilities available inside them. It is also about how to use what is there for their inspiration and direction, rather than relying on outside sources. Creativity has its own unique power. What is creatively possible for adults and children alike is so vast, so exciting, so enriching that it would take many lifetimes to explore it fully. All it takes to make a start, though, is knowing how to access this amazing energy.

In practice, getting started is very easy. Often all that is required is to make enough space available for what is already there to emerge. Anyone can learn to do this, too, parents, teachers and others. And when they do, children naturally start to express themselves.

Creativity will not be denied. Creativity is a natural part of being human and being alive. It is our birthright. At the same time, we need to take care about what we allow our children to be exposed to. For example, while television, the Internet and other technologies can be used to enhance creativity, they can also inhibit the easy and natural growth of a child's creative process. So we also need to strike the right balance with our children.

Come along to Elizabeth's talk and hear her share her experience and knowledge about this exciting topic. Encouraging children's creativity and aliveness, and teaching parents and others how to do the same, has been at the forefront of her motivation in the many different things she has done in her life. She is a painter and author, as well as a parent educator, trainer of helping professionals, and a teacher of meditation. (2 - 3 hours)

**DEALING WITH INTENSE FEELINGS USING GROUNDING: A workshop for helping professionals**

Many people live their lives with great intensity, intensity that sometimes comes from past trauma and often from current stress. Helping professionals need to help clients deal with this.

Grounding is a way of helping people to manage their feelings and makes this important aspect of helping others much easier and more rewarding. Grounding is a process by which human beings develop full awareness of themselves and the world around them.

As people learn to stay well grounded while experiencing intense emotions, they also learn to digest and release their feelings, processes that are often surprisingly quick.

The grounding technique Elizabeth will use in the workshop is easy to teach to others, integrates well with all styles of therapeutic work, and can produce wonderful results. The workshop is especially designed so participants can learn to use the grounding process to help their clients to resolve and release their intense feelings and thoughts. The planned style is interactive and experiential.

Elizabeth Mellor and her husband, Ken, developed the grounding process over many years and are masters in its general and specific applications. (1 day)

**COMPLETE HEALTH: Spiritual, mental, emotional and physical**

Complete health is something that we all want. With it we can live our lives to the full with enjoyment and success. Being healthy enables us to use our energies to fulfil ourselves, to support our families and to concentrate on improving all aspects of our lives.

Sometimes we are not in complete health. As many of us have discovered, the loss of our health highlights how important it is to stay healthy. It can be a challenge to know what to do to regain our health and when we do, to know what to do to maintain it. It is fundamentally important to learn new ways of living and then of implementing them, not simply a matter of stopping unhealthy activities.

In this workshop we will discuss very practical matters such as exercise, diet and rest, as well as the less easy subjects to tackle such as how our attitudes contribute to our health and how we can change deeply ingrained habits.

This will be done through discussion, exercises and meditations that will support the development of complete health. Participants will have the opportunity to ask questions and to have support to work out particular programmes that will support their individual needs. (2 days)

**HEALING: A workshop for healers**

The capacity to heal is part of the gift of life. Every mother who kisses her child's bump or bruise better, knows this instinctively. We are all healers.

This workshop is for those who want to enhance their natural healing abilities and develop the capacity to make the healing processes they use more conscious. There will be discussion, practice and a unique opportunity to be attuned into beginning levels of the Awakening Era Reiki system.

Elizabeth's down to earth approach is supported by her long standing spiritual practice. This practice also contributes to her deep understanding of fundamental healing processes. (1 day)

**LOVE, POWER AND WISDOM: Basic Threads on the Path to Awakening**

Love, power and wisdom are each important aspects our pathways to Awakening. They are also "school rooms" along the way.

- Love is an automatic accompaniment of union (whether worldly or divine)
- Power is to do with the availability and use of resources for action in the world
- Wisdom is information that has been tested, enriched and enlivened by experience in the light of awakened consciousness.

During this workshop Elizabeth will take participants through a series of meditations and exercises designed to open everyone to the awakening affects of each of the three. They impact us in every aspect of our lives by offering primal energy and "force" that we can learn to harness to make life better and to promote our Awakening.

This workshop may entice you, challenge you and please you. Come along and discover for yourself what you can do to become even more fully the you that you fundamentally already are. (3 days)

**HEALING THE PAST: A meditation workshop for promoting spiritual awakening**

Releasing the residue of past influences is fundamental to realising our capacity to live happy, fulfilled, Awakened lives. Once we have done this, we can discover the wonderful, natural qualities that underlie everything we experience or perceive.

All of us carry the heritage of our past experiences – personal, family, national and cultural – into our daily lives. While this is inevitable, there are powerful ways to release us so we do not have to keep being dominated or limited by our histories.

During the workshop, we will concentrate on three areas: accepting and using the past as a resource in our Awakening, strengthening what works well, and removing or replacing what is not now helpful. Techniques will include: filling important gaps, changing personal history, releasing past trauma, and creating inner completion.

As we learn to live with freedom as our enduring experience, life is very different from how it was. (2 days)

#### **WHAT MATTERS MOST: A workshop for finding out what you truly want in life**

In today's world there are intense pressures on people from an early age to know what they will do with their lives. They come from parents, peers and the cultures in which we live. Special challenges are created through strong media images showing what others are doing. Added to this, we often have little time to reflect, so we may find it difficult even to start to think about what is important for us personally, what is true for us, what is in our hearts, and whether what others are urging or modelling is actually what we want for ourselves.

In this workshop, you will have the opportunity to explore what matters most for you, how you want to spend the rest of your life and what "living true to you" actually means. The final question to answer will be "What will I do with my life from now on?" The workshop is an opportunity to grapple with these issues in the company of others who want to do the same.

The workshop facilitator, Elizabeth Mellor, has lived her life following her heart and passion. In the process she has helped countless others live authentic lives. Having explored deeply many of the realms available to humans – physical, emotional, mental and spiritual – she offers down-to-earth guidance to others who are seeking how to live the full expression of their "inner being".

Only you can do what is necessary. Yet, in the company of others and with Elizabeth's wisdom and love, you can discover, affirm and reaffirm "*What Matters Most*". (½ day)

#### **CREATING THE LIFE YOU WANT: Turning fantasies into realities**

Is it possible to have it all: financial security, prosperity, a fantastic job and vocation, loving relationships, family and a sense of fulfilment ease and satisfaction in your life?

Modern science now points increasingly to the connection between thought and bodily outcomes, and how thoughts can influence the future. More and more is also now known about the role of fantasy in creating reality. Of course, each new discovery enables us to use our creativity so it works even better for us.

This workshop is an opportunity to learn how to harness some of these natural processes and create the life you want.

Workshop participants will:

- have time to explore the principles connecting

thought and creation

- be introduced to the *creative release process* which helps harness the power of the mind and fantasy
- have time to practise the processes and
- have the opportunity for discussion and questions.

Elizabeth Mellor has spent many years learning how to harness the creative potential of the mind. She has been interested in methods that really work and do not require "belief". She and her husband, Ken, have helped countless people to shape their lives. What they teach is natural, easy and practical. Their strategies help people to harness their natural capacity for manifestation, which in turn enables them increasingly to take charge of their futures, and to live in fulfilling, satisfying and dynamic ways. (½ day)

#### **RELATIONSHIPS: A workshop for young adults**

Being in relationships is part of the human condition. From the moment of our conception, we are connected to someone else, and throughout our lives we have multiple relationships. Some are distant, some intense, some complex, some satisfying, some upsetting, some predictable and some are at times very confusing.

Perhaps, then, it is hardly surprising that learning to manage the many different demands and styles of the connections we have with others is a life-time project. Fortunately, however, taking advantage of other people's learning can speed up the process enormously.

Come to this workshop and find out. It is for those who would like to know more, and those who want some "handy hints" about the relationship "jungle" out there.

Areas that may be covered include:

- intimate relationships – staying connected through intensity
- breaking up – how to manage so everyone comes out ok
- just being friends with the opposite sex: Is it possible?
- living together – how to make the shift to sharing our lives with someone else
- managing work demands and having an intimate partner
- sex and intimacy: are they the same? and if not what are the differences?
- arguing constructively
- and more.

Elizabeth Mellor is the co-author of four books on how to deal with life's challenges at different ages. She has worked with young adults for over 35 years and knows their concerns and challenges. She is very approachable, practical and down-to-earth, an ideal person from whom to learn about the thorny questions that are part of the workshop. (½ day)

#### **COMPASSION FATIGUE: Prevention and Management**

Most people work in the helping professions because they care. However, the daily exposure to pain, trauma and suffering has a cost, a cost that is now recognised and called "compassion fatigue".

Compassion fatigue is what happens when people are worn out emotionally from the work they do with others. When well established, people become emotionally depleted, increasingly incapable of acting with tenderness and find it enormously difficult even to contemplate offering a helping hand to others. Their emotional resilience has disappeared under the load of too much time in the trenches dealing with human suffering. Compassion fatigue is more than burn out. It is the result of repeated exposure to and engagement with people's mental, emotional and physical trauma. It is a kind of RSI (repetition strain injury) of the heart.

This workshop is designed to help participants to:

- become informed about compassion fatigue
- identify its key features
- manage its here-and-now manifestations
- recognise the early signs and
- learn effective strategies for taking care of themselves.

(1 day)

### **LIVING PEACE IN THE MODERN WORLD**

How can we manage living in the world today? So little seems certain. When we are presented with daily images of death, destruction and suffering, so little can seem peaceful and life affirming. How can we possibly establish inner peace when such events are raging around us? Even if we are not living in the midst of them, we are always deeply affected by their impact.

Elizabeth has spent many years working with people caught on the edge of the precipice of life, where surviving is a moment by moment issue. During the lecture and workshop, she will share some of the insights and approaches she and others have found helpful.

The areas she will cover include:

- realising that peace is always possible
- understanding the great intensity of real peacefulness
- embracing, not escaping pain
- releasing trauma as a pathway to peace
- encouraging peacefulness in others
- bringing light into the darkness
- finding the deep peace and aliveness that is always within
- knowing that peacefulness begins in our own hearts and homes.

Elizabeth's approaches are optimistic, practical and realistic. (Lecture or 1 day workshop)

### **SAYING 'NO': SETTING LIMITS WITH CHILDREN FROM TWO TO TWELVE**

Parents want their children to be happy. They want them to have what they want and to enjoy their lives. So, saying 'no' is often a very hard thing to do, especially if the children are upset about this. However, it is also really clear to most parents that they need to do this.

In this talk the following areas will be addressed:

- how to work out what limits are appropriate according to the age of the child
- how to say 'no'

- how to decide on consequences so that they are meaningful to the child
- how to deal with the reaction of the child to the limits and consequences
- how to work out what behaviours need to be modified or to be encouraged so that the children grow up to be happy, strong adults

(Lecture)

### **RELAX FOR YOUR LIFE'S SAKE: Unwind, loosen up and really live**

The pressures on everyone are great these days. All of us are subject to them, whether we work at home or away from home, whether we are paid or not.

#### **Work Pressures**

Many employers now expect their employees to work for long hours and may sack them or threaten to sack them if they are unwilling or unable to do so. So extreme are some of these pressures and so dominant is work in their lives that many people rarely see their families.

#### **Home Pressures**

Pressure at home has increased too. Both parents now work in many families and a large proportion of single parents also work. Even our children are much busier with more expected of them from school and other activities, like sports, in which they are involved. All their activities add to the load for their parents too, because they are often enlisted to help.

#### **A Crisis of Living**

Excess stress and unbalanced lives result in ill health, emotional and mental imbalance, and early death. This is a well established fact. Presently this is exactly what is happening to many people: they are becoming unwell, unbalanced and some are dying very early.

**THE SITUATION IS URGENT COME AND FIND OUT WHAT TO DO YOU CAN MAKE IMPORTANT CHANGES TODAY** (1 day)

### **MANIFESTING THE LIFE YOU WANT**

Meditation is a powerful tool for creating the opportunities and outcomes we want in our lives. We can all use it to make our dreams into realities, both right now and in the future. By using several simple meditations, we have great power to do this, too. And, by the way, these meditations are very easy to use, even for those with no previous experience.

So, come and make your hopes into the reality you live every day of your life. What we live today, comes from what we were imagining yesterday. The workshop is designed to help you to take charge of what you imagine and deliberately create the life you want and need. (1 day)

### **RESOLVING CONFLICT #2**

A very topical and ageless issue for humankind, conflict is something each of us faces. We all need to find ways to resolve conflicts, too. Meditation provides many effective tools to do just that. Using it, we can find peaceful and creative solutions to arguments, fights, mutual discontent, contention and the like.

The workshop is designed to help you to learn several simple ways to resolve conflicts, both inner and outer conflicts. The ease and relief we can find in life through learning these simple meditations is very great. You can do this learning, whether or not you have had previous experience with meditation.

### RELAXED LIVING

Even in the most pressured of situations we can be balanced and relaxed. We can manage the outer demands of life and release ourselves from our tendencies to become tense and stressed. By coming to this workshop, you can learn to calm yourself, increase your balance and ease in your life generally, and become secure and poised.

The workshop will include many practical hints on how we can manage ourselves and the situations we face in life and remain relaxed and poised as we do. (1 day)

### DECISION-MAKING: Getting our priorities right

Some decisions are easy to make: The options are clear, the outcomes to what we could do are obvious, and we can go ahead and make them with confidence. Others are not so easy: Many options are involved, each one is filled with complexity and the consequences of each are very significant, maybe even life-changing. These decisions are much harder to make. Of course, all decision-making is somewhat easier when we are clear on our priorities, because they can guide our choices.

During the workshop, we will explore three areas: *deciding on our priorities*, *making decisions* and *evolving decisions*. When we have information on these three areas, we can find it much easier to manage. Knowing our priorities influences both decision-making styles; knowing what is involved in *making decisions* is clearer and therefore we can act more systematically; and discovering how to *evolve decisions* enables us to manage very much better those complex, life-changing choices with which we are sometimes faced. Life gets easier, often much easier. (1 day)

### USING FEELINGS AS FUEL FOR LIFE

When we feel strongly, we know just how powerful feelings can be. Intense happiness, love, confidence, sadness, anger or fear are all good examples. Also, think of situations at home, at work or elsewhere, in which your feelings seemed to interfere with what you or others were doing. When we have any of the first three feelings we usually see them as desirable and celebrate them – we want as much as we can get of them; by contrast, the last three are usually not seen as desirable – we want as little of them as possible.

Many people don't know, however, that all feelings contribute to our vitality and aliveness. They don't know that they are tremendously helpful, provided we know how to harness and use them. Feelings feed our bodies, our thinking and our beings. Well managed, they also promote health, emotional well being, and mental alertness, perceptiveness and understanding. Feelings are also signals to what is going on in and around us and each one signals that different types of things are

happening. So there is a lot in feelings that could be very helpful to us all.

During the workshop, we will explore six basic feelings, how to recognise each, how to express each and, most importantly, how to use feeling energy as fuel that empowers and enriches our lives. We will introduce and practise a process called *digesting feelings* as a primary means of doing all of this. This workshop is very enjoyable – many men and women have benefited from what it offers. (1 day)

### STANDING OUR GROUND: Learning to be assertive

Standing our ground is fundamental to ensuring we live happily and cooperatively with others. Many people, however, think the opposite, that taking a stand creates conflict and contention, so they don't do it. Of course, some people are afraid to do so because of past experience where they have paid a high price for doing so. Yet, the fact remains, that standing our ground is important, whatever experiences we have had with it.

Forget about being a doormat, forget about bullying or acting rebelliously. Learning to act assertively while taking account of yourself, others and the world around you is wonderfully liberating. People start to change with us, even when the changes we make are quite small. This workshop will take you on a journey into understanding and experiencing how to be strong, clear and assertive. You can learn to say, "No" and "Yes", when to say, "Not that way, this way", and when it is right for you to say each. Come and learn what true personal power is and how assertiveness is a powerful path to cooperation and mutual respect. (1 day)

### THE SOUL-FULL PRACTICE OF PSYCHOTHERAPY

Ken will introduce a simple model for understanding the part "inner being" can play in living and in the practice of psychotherapy.

Oriented primarily to claiming and to living the fullness of the life force in each of us, the practices used can result in profound fulfilment, happiness and healing. Each of these results is a natural outcome of learning to free up and to use two basic human processes—grounding and centering. When combined, they release life energy throughout our systems, bring us into the I-Am-here-and-now, digest unfinished business (healing the past in the process) and awaken us to the realities of living life with consciousness from beyond the binding of our space-time worlds.

The model also leads directly and naturally to the soul-full practice of psychotherapy and other forms of healing. And Ken will introduce a simple procedure that enhances intuition, empathy and direct access to our clients processes. The practice is somewhat similar to the early intimacy experiments conducted by Eric Berne, although a systematic expansion of them. Called the *Intimacy Meditation*, the approach helps therapists to use themselves—their bodily, emotional, cognitive and spiritual responses—as an integral part of the therapy.

Participants will have the opportunity to practise what they are learning through exercises and role plays. The methods to be introduced do not require any previous knowledge of therapeutic systems. (2 days)

#### **PUTTING THE SOUL INTO PSYCHOTHERAPY**

Ken will teach his material called *Four births, four bonds*. These go together with the emergence of body consciousness at birth, me-consciousness at three, I-consciousness at fifteen, and I-Am-consciousness in adulthood. He will also present a map of consciousness and self, with emphasis on the need to heal the split between the deep self and our everyday self.

Related to this, he will suggest that there are four dimensions of soul: body, worldly soul, personal soul and oversoul, and will explore the meaning of these in relation to the development of a sense of self.

He will take participants through exercises to help them to access their own stories and experiences in relation to all of this. In particular, he will consider how therapists can work from different dimensions of our souls and how centring in each dimension makes a difference both to the nature of the work we do and to the outcomes of that work. (2 days)

#### **DEEP AVAILABILITY: Using the self in counselling; Cultivating deep sharing with our clients**

When we are deeply aware of ourselves, we can become just as deeply aware of what is going on in our clients.

This workshop, based on Ken Mellor's *Intimacy Meditation*, will help counselors to expand their capacity for deep availability in professional settings.

*"The primary way of learning how to experience intimacy is to notice what is occurring in you while you are with others."* - Ken Mellor

During the workshop, counselors will be encouraged to develop a more acute awareness of themselves as they open up to their clients. They will be encouraged to do this primarily by looking, listening and feeling what they are experiencing when exchanging with your clients. The more fully they do this, the deeper their availability can become.

The workshop will take participants step by step through a beautiful process in which they can find the boundaries between themselves and their clients dissolving, and that they are *sharing their clients' experiences*. By persisting and checking in order to test the accuracy of their experiences, counselors can calibrate their responses and use them to know what is going on in their clients and how best to help. (½ day)

#### **MODERN PARENTING: New Approaches to Today's Young**

The world of today puts very different demands on parents from those of previous generations. We encourage our children to become articulate, self-

starting, creative, assertive and self-possessed. Parents usually applaud these qualities with good reason.

At the same time, these very qualities can create significant risks for the young, because of adult reluctance to offer guidance and council, a reluctance that is partly based on new parenting patterns and partly because parents are often ignorant of or unfamiliar with the wide range of opportunities and dangers facing their children. And parents hold back lest they make mistakes.

During the workshop, lots of discussion will focus on what sort of adults the participants want their children to become. Using this as the starting point, time will then be spent on creating a simple map – a parent map – to help parents and other caretakers to navigate their way towards desired outcomes. Creating this map is very straightforward and, once they have one, parents feel wonderful relief from the guidance it offers.

The workshop will also address some fundamental shifts parents and adults need to make as they cater to and cater for the modern generations of children and teens. Children and young people go through predictable changes and knowing what these are can help parents enormously.

Questions covered will include:

- Is there value in interfering?
- What can be learnt from contributing to the family?
- Do expectations and limits stunt or contribute to aliveness?
- Who calls the shots at your place?
- Would you break your heart for your children's sakes?

(1 day)

#### **RELATIONSHIPS: A Workshop for 18 to 30 year-olds**

Being in relationships is part of the human condition. From the moment of our conception, we are connected to someone else, and throughout our lives we have multiple relationships. Some are distant, some intense, some complex, some satisfying, some upsetting, some predictable and some are at times very confusing.

Perhaps, then, it is hardly surprising that learning to manage the many different demands and styles of the connections we have with others is a life-time project. Fortunately, however, taking advantage of other people's learning can speed up the process enormously.

Come to this workshop and find out. It is for those who would like to know more, and those who want some "handy hints" about the relationship "jungle" out there.

*Areas that may be covered include:*

- intimate relationships: connecting through intensity
- breaking up: how to manage so everyone comes out ok
- just being friends with the opposite sex: Is it possible?
- living together: making the shift to sharing with another

- managing demands of work and an intimate partner
- sex and intimacy: are they the same or different?
- arguing constructively
- and more. (1 day)

### **NOW YOU ARE SEPARATED WHAT DO YOU AND YOUR CHILDREN NEED?**

These days, it is very common to live with children as lone parents or in blended families. Doing so has its own joys and pleasures, and faces us with special challenges. During this talk, Ken and Elizabeth Mellor will concentrate on the needs of all those involved, and how to create the 'best possible' long-term results for all.

Areas covered for parents will include the need, where possible:

- to resolve issues with previous partners
- to evolve a parenting partnership with 'the other adult', and
- to promote mutual acceptance between children and 'the other parent/adult'.

Areas covered for children will include the need, where possible:

- to encourage them to express their feelings about any aspect of the separation and the new living arrangements
- to understand that they are innocent—the separation wasn't their fault, and
- for guidance on how to relate (have fun, get along, solve problems) with the new adults and children in their lives.

Ken and Elizabeth will emphasise throughout how important it is to accept that these adjustments take time, and that they will evolve the way we want them to, provided we consistently guide things in the right directions.

The Mellors take a practical, down-to-earth approach with all these matters. They have many years of experience as parents, parent educators and family counsellors. They have written for school magazines, websites on parenting and are the authors of four books: *ParentCraft*, *Teen Stages*, *Easy Parenting* and *The Happy Family*. Their books have been translated into at least five languages. (Lecture)

### **MY CHILD AND THE WORLD: Teaching Our Children to Live in the World**

The task of helping children to grow into confident, competent and happy adults is fundamentally important. We want them to be able to live successfully in our complex, demanding and sometimes dangerous world.

This job is rewarding and very satisfying; and often, very challenging. In particular, as parents and teachers, we need to help children to learn to manage influences outside the family and school, especially harmful or damaging ones. Examples potentially include television, the internet, mobile phones, and electronic or computer games.

The world now depends on technology and this is sure

to be increasingly true in the future. So, our children need the technical skills to manage all of this, and the capacity to discriminate what is helpful and what isn't. They need the skills to know what to use and what to avoid and also how to use all of it well.

Similar issues arise as the influence of friends begins to play an increasingly important part in the choices our children and teenagers make. We want them to make choices that are healthy and life promoting.

In this workshop Elizabeth Mellor, co-author with her husband, Ken, of *ParentCraft* and *Teen Stages*, will outline their approach to helping children deal with these influences by themselves, and with our help when we need to intervene to support or protect them. She will also make age-specific suggestions in relation to what she presents.

Elizabeth Mellor has been a parent, parent educator/mentor, and counsellor for many years. She and Ken have had a hand in raising hundreds of children and she is a rich mine of information on the issues parents face in raising their children. (½ Day)

### **PARENTING: THE EARLY YEARS**

Ken Mellor is a Master Educator, Child Development expert and author.

He has over 40 years experience in the field of helping people with personal issues and guiding them in making changes in their lives.

He is clear, concise and fun in his delivery, making it easy to listen, interact and learn from his vast fund of knowledge.

Ken is in great demand around the world leading workshops on various subjects: Childhood Development, Couples Therapy, Personal Growth & Development, Meditation and Reparenting.

He works one-on-one with people, runs groups, and as a mentor with other healthcare professionals.

He has trained in Transactional Analysis, Meditation, Gestalt, and Reichian Bodywork, just to name a few.

Ken is in Sydney for a weekend, so this is a great opportunity to learn from a true Master of Life Education.

If you are a parent, this workshop is a golden opportunity to learn from his vast expertise and give yourself tools to avoid the costly mistakes of parenting. It is smart to be armed with understanding of the next stage which your child will present to you, thus avoiding the pitfalls of blundering through the next mine field and then picking up the pieces of our mistakes.

If you are a practitioner, Ken can provide the wisdom of his years of working with people, he truly is a fund of knowledge. While he has written books on these subjects, there is no substitute for learning first hand and being able to ask those tricky questions. (1 day)

**CELEBRATING LIFE WITH TA**

Fun, spontaneity, humour, and the affirmation of life were prominent in the practice of TA from the very beginning. TA people would have what Eric Berne called 'jumping up and down' parties. They affirmed each other with positive strokes and encouraged affectionate physical and social contact. There was also a lot of emphasis on Free Child expression and releasing the unhelpful inhibitions of the past, mostly Critical Parent, self-limiting Child decisions and over adapted behaviour.

In the context of the prevailing behaviour and attitudes of the times, these ways of acting were revolutionary. They were also liberating and life-giving.

At its foundations, TA is an affirmation of life, freedom, decision-making capacity, personal responsibility, and options. Its processes emphasise that people and situations can change and be changed, past scripting can be resolved and opened up, and that people can be released from their internal 'prisons' into the freedom of life.

Berne's definition of an autonomous, well-functioning person was of someone with the capacity for awareness, spontaneity and intimacy, each one of which involved honouring and celebrating aspects of life.

These qualities and principles of TA will be discussed. Participants will have the opportunity to explore them by using exercises that encourage the development of the three Bernian qualities. Ken has expanded Berne's position with the introduction of a fourth quality—integrity. (See *TAJ*, *Autonomy with Integrity*, *V.38 No.3, July 2008*)

Integrity highlights the life-giving contribution that personal wholeness contributes to our lives. Ken will take participants through several practices that promote wholeness and personal integrity. These will emphasise the value of claiming, welcoming and experiencing difficult or uncomfortable experiences, perceptions and situations, as well as their complements. Not always welcome, embracing these types of experiences is part of the full celebration of life, and leads to wisdom and fulfilment. (1 Day)

**ASA: GOAL-SETTING FOR AUTHORS**

Public talk (45-50 minutes talk; 15-20 for questions)

Join us for a fascinating information session on goal setting with internationally renowned author and psychotherapist, Ken Mellor.

Goal setting is critical for everyone and literary creators are no exception. Knowing what you want to accomplish is an essential part of success. It allows you to plan strategies and approaches along the journey, and helps you appreciate what you've achieved when you get there! (1.10hr Public Talk)

**ASA: KNOWING AND FULFILLING OUR GOALS AS AUTHORS**

We write for many different reasons; for example, to find creative fulfilment, to make a living, to become 'famous', or for the simple pleasure of doing it. Clearly, our basic talents and our skill with our craft contribute to how easy, enjoyable and effective the process is for us. At the same time, our success, in whatever way we

understand it, also requires that we harness our inner processes, i.e., that we convert our intentions, hopes and dreams into the written words necessary to realise our goals. Even more importantly at times, we also need to harness the often intense energies caught up in our doubts, fears, worries, frustrations and inhibitions so they work for and not against us.

Special goal-setting techniques provide simple and powerful ways to do all of this and to help to ensure that you achieve the results you seek or crave. Come along and learn what they are and how to use them in your creative work. (1-Day)

**FREEING UP AND USING OUR CREATIVE PROCESSES**

For some of us, perhaps the fortunate few, creativity is 'just there', easy to access and always available. We set ourselves to do something and can easily get on with it and enjoy the process. For many of us, however, our creativity is far more elusive, frustratingly 'almost there' on occasions and depressingly 'not there at all' on others. And we know that if we could reach into the wellsprings of our aliveness at these times, and use the primal creative energy awaiting us there to practise our craft, we would be much more productive and fulfilled. Learning how to do this is the core of this workshop. Practising doing so is also a significant part of the day. (1 Day)

**PRODUCING CREATIVE WORK WITHIN A TIME LIMIT**

Many of us are challenged when writing or producing creative work with pre-determined completion dates. With time pressing on us, we ask: how can we activate or maintain our creativity on demand and do so for long enough to complete our projects? Usually, too, we have other demands on us that require ongoing attention: bills to pay, shopping, families, friends, other work etc. While a familiar situation, many of us don't know how to assess in advance the practicalities of what we are committing to nor the full implications of the time limits.

Ken will present ways of making plans so they foster creativity throughout a project, help to identify and manage the various steps involved, enable us to keep track of our progress, and deliver in a timely manner. There will be opportunities to discuss and apply his suggestions to your own situation. (1 Day)

**MINDFULNESS FROM A TA PERSPECTIVE**

Combinations of mindfulness meditation and personal growth and development systems such as TA are increasingly attracting attention these days.

During this workshop, Ken will encourage participants to experience three main aspects of mindfulness:

- Concentrating attention on the here-and-now
- Deliberately paying attention and doing so without judgement
- Acknowledging and accepting each sensation, feeling, or thought.

He will also introduce and use exercises particularly in relation to grounding, the value of guiding awareness in

particular ways, and embracing experience instead of distancing from it. (See TAJ, *Autonomy with Integrity*, V.38 No.3, July 2008)

Finally, he will explore: The importance within TA of Adult processing, cultivating acute awareness (internal and transactional), acknowledging what is 'real', dealing with discounting (of self, other or situation), and using mindfulness-type techniques to find release from unhelpful past experiences and programming. (3 hours)

### **PARENTING AND CHILD-REARING (2011 SINGAPORE)**

Parents the world over feel great relief when they discover there are things they can do to help their children grow up beautifully, to make the job of doing that easier, and to enjoy perhaps the most creative opportunity we will ever have.

Everything presented in this workshop work. It has stood the test of time in many different countries. It is practical, down-to-earth and relevant to the everyday situations and events that arise with our children.

THE CONTENT: Three main themes will be developed during the workshop:

- The value of using a parent map for guiding our children to adulthood
- Many parenting styles that work, and we need more than one style
- There are important developmental stages that need to be managed so our children and teenagers are fully capable of living in the world.

In a one-day workshop there is a limit on what can be covered. To help with this, there will be opportunities for discussion and the sharing of ideas. The overall goals of the workshop include: for participants to leave with a rich variety of ways to raise their children or young people, to feel more confidence in themselves as parents, and with an appreciation of how important a parent is in the life of his or her children.

*Parents have the most important job of all.  
They are creating the world of the future.*

(1 Day)

### **STRESS-FREE PARENTING**

A one-day experiential workshop to enhance your Parenting Skills

1. Will the parenting style you developed for your toddler need to change as he/she grows?
2. Must you accept anxiety as your children approach their teen years?
3. Do you sometimes wish you could have a different relationship with your child?

#### **About the Workshop**

Parents, the world over, feel so relieved when they discover there are simple things they can do to help their

children grow up beautifully. 'The most difficult job in the world' really can be so much easier. We can enjoy the most creative opportunity we will ever have. Everything presented in this workshop works. It has stood the test of time in many different countries. It is practical, down-to-earth and relevant to the everyday situations that arise with our children.

Give yourself time out to explore new options with other parents at this workshop. Find out:

- How a 'parent map' can guide our children towards adulthood
- Feel confident with the many parenting styles that work, and learn why we need more than one style
- Understand the developmental stages we must manage so that our children can live in the world
- Leave with a rich variety of ways to raise our children and young people
- Develop more confidence in ourselves as parents
- Feel valuable as a parent in the lives of our children.

*Parents have the most important job of all.  
They are creating the world of the future.*

#### **About the Facilitator**

The workshop will be run by Ken Mellor, an internationally recognized parenting expert, award-winning author and renowned Transactional Analyst. Ken is from Australia; he is humorous, respectful and very experienced as a parent-educator and workshop facilitator. With his wife, Elizabeth, he has co-authored five books on parenting, including *ParentCraft: A practical guide to raising children well (published in four languages)* and *Teen Stages: How to guide the journey to adulthood*. His work is acclaimed for the ease with which parents can use his suggestions and principles, and for how well they work for real children in real families.

(1 Day)

### **USING THE WHOLE PERSON IN WHAT WE DO**

Transactional Analysis has contributed greatly to the world in the last fifty years. Much of what was introduced both theoretically and practically in the early days is now a routine part of everyday life. Its many applications in educational, organisational, research and clinical settings are testament to its broad appeal and value. It helps people change themselves, the way they live and how they behave at home and work.

#### **Workshop Aims**

The workshop is designed to take participants through an integration of established TA understanding with practices that are somewhat new to TA, although they have a long history in areas of life to do with evolving the self. This integration involves a richly expanded view of Eric Berne's approach to autonomy which is directly applicable in any setting.

Emphasis will be given to three main themes:

1. How realising autonomy expands our senses of self, personal power and what is practically possible wherever we live and work.
2. How coming to grips with life's 'external' gifts and

challenges, and discovering how we have attracted and helped to create them, nurtures wisdom and inner balance.

3. How opportunities to discover and to fulfil our destinies are fully available to us in every moment.

#### **Workshop Character**

The workshop will be experiential and practical, with many opportunities for questions and discussion.

#### **For whom is this workshop?**

The workshop is suitable for practitioners in TA at all levels. For basic practitioners, it will be a deep learning experience, for CTA and TSTA trainees, it will also contribute to your theoretical frame of TA knowledge. For TSTA's it will add input to your teaching practice.

#### **Ken Mellor (CTSTA, MAASW, MAGPA, MATMA)**

entered the TA world in 1969 and has been a contributor to its practices and theory in both therapeutic and organisational settings since then. He was the co-recipient of the Eric Berne Memorial Scientific Award in 1980. His work includes contributions in the areas of discounting, redefining, impasse theory and practice, and the integration of techniques in both the rededication and reparenting schools. Using his longstanding interest in improving task performance, he has also created simple ways to plan for success and to produce it. Most recently, based on about 40 years of research, he presented an expanded understanding of autonomy, one of Eric Berne's foundational TA concepts. (Transactional Analysis Journal, V.38, No.3 July, 2008, p 182-199; Translation in Dutch in Strook January and June 2011) (3 Days)

### **ACHIEVING GOALS AS LITERARY CREATORS**

This is an experiential workshop during which several important aspects of goals, goal-setting and goal completion are explored. Each of them bears directly on how we write, how productive we are, how systematically we can release our creativity, and how we can manage ourselves in order to harness all our talents and deal with our inhibitions.

We write for many different reasons – to find creative fulfilment, to make a living, to become 'famous' or for the simple pleasure of doing it. Whatever our motivations, the outcome of our efforts is determined by our practical talents and skills, and how effectively we harness these. Just as importantly, our emotions and psychological patterns are powerful influences on how we go about our creative endeavours and the results we get. Understandably, then, to write as well as we can we need to manage the undertaking both practically and emotionally.

Four main processes will be explored and practised:

1. Setting goals
2. Harnessing both our talents and our inhibitions
3. Committing to completion
4. Producing the results we want.

Each of these processes will include consideration of the direct practical contribution and the psychological/emotional dimensions that are relevant. These dimensions are important because people's skills in the two areas vary: some people are good at the practical, organisational side of writing and not so effective at handling their personal issues, propensities, strengths and inhibitions; while others are experienced at managing themselves as they write and have difficulties in the practical, organisational side of things.

#### **Setting Goals**

Goals are central to the completion of whatever we set out to do. In fact, to be effective with any project, including our writing, we can benefit from knowing what goals are, what they are not, and how to define or set them clearly. Doing this can make the difference between success and failure with any project.

We will start with a simple description/definition of goals, then consider three psychological principles related to goals and follow up with six simple guidelines for being clear and accurate about our writing goals. We will also distinguish between formulating or clarifying goals and goal-setting.

#### **Harnessing Both Our Talents and Our Inhibitions**

People who write most easily are able to manage themselves through the process of writing. It is wonderful to be able to sit and have the words flowing out of us into the computer, onto paper or into a recording device. When the flow is there, "all seems well with the world." However, often that is not what many people experience.

We may doubt our abilities; worry that others will not like what we are writing; think that we or what we write is not good enough; get into unhelpful loops of thoughts and feelings; or feel frightened, angry, depressed, agitated, anxious, blocked ... Any of these sorts of reactions can take over from clear thinking and the natural flow that openness that to our creative juices produces. Such reactions are the bugbear of many an author – regularly to intermittently.

What can be done? During the workshop a procedure known as *Creative Release* will be introduced and practised. It encourages us to hold our goals in our awareness while remaining open to all our reactions to entertaining their successful completion. Using a practice called *grounding*, we then digest our reactions. Doing so helps us automatically to harness what in us is aligned with our goals while releasing us from what is inhibiting and interfering with our success. This powerful practice enables us to take advantage of a natural process available in us all.

#### **Committing to Completion**

Commitment is fundamental to the accomplishment of the outcomes we seek. For what we commit to is usually what we get. In considering this fundamentally important aspect of achieving our literary goals, we will explore the difference between *motivation* and *commitment*. Part of this will highlight how people often confuse the fact that they are motivated to write, with a commitment to

complete what they wish to write. Learning to turn motivation into commitment is the key here.

What we wish for, hope for, intend, think we should do, really want, feel like, don't feel like and similar reactions are not commitment. In other words, motivation includes all wishing, hoping, 'ought-ing', 'should-ing', 'must-ing', needing, liking, dreaming, feeling, avoiding etc. We can dream or entertain our way to literary extinction with the thoughts and feelings that go with such motivations.

By contrast, a commitment is a decision to act, a decision to do what is necessary to produce a result. We will consider the differences, how to turn motivation into commitment, complete commitments and conditional or limited commitments.

### **Producing the Results We Want**

The final step is to do what is necessary. In other words, we need to write: put pen to paper, fingers on keyboards, words into recorders, or pictures into the external world in some concrete form. All the foregoing requires this final step if we are to succeed. The workshop will end with considering this most fundamental of steps: getting ourselves to write and staying with it until we have completed what is required.

### **References and Resources**

Ken Mellor: *Inspiration Meditation and Personal Wellbeing: A practical guide to balanced living*, The Awakening Network Inc., (Seymour, Victoria, Australia, 2011)

Ken Mellor: *Grounding Meditation* (CD, MP3) (The Awakening Network Inc., Seymour, Victoria, Australia, 1988)

(1 Day)

### **FREEING UP AND USING OUR CREATIVE PROCESSES**

For some of us, perhaps the fortunate few, creativity is 'just there', easy to access and always available. We set out to do something and can easily get on with it and enjoy the process.

For many of us, however, our creativity is far more elusive, frustratingly 'almost there' on occasions and depressingly 'not there at all' on others. If we could reach into the wellspring of our aliveness at these times and use the creative energy awaiting us there, we would be much more fulfilled and productive. Learning how to do this is the core of the workshop. Practising 'doing so' is also a significant part of the day.

Several areas will be explored:

1. Inviting Inspiration
2. A birthing model of creativity
3. Releasing ourselves from inner inhibitions
4. Ways of anchoring the creative process.

### **Inviting Inspiration**

Sometimes our creative activities are inspired and, as above, the flow is easy and enjoyable. Even then, though, there are likely to be times during which our

flow of ideas and understanding seem to pause, maybe even to stall. Of course, there are also those times when our wellsprings seem to have completely dried up or to have become blocked. So called 'writer's block' is well named.

Unfortunately, many people start to struggle when their flow stops, becoming frustrated or angry about the blockage, anxious or frightened that they won't be able to complete what they have set out to do, or desperate to get back to what is so enjoyable about being in the flow. The difficulty with this is that muscle tension, which all such responses produce, tends to inhibit flow rather than encourage it.

Two general procedures will be discussed and practised. First, a simple and powerful way to relax that encourages inspiration will be introduced. Second, a different 'meditative' way of holding our intention in our awareness until inspiration returns will be discussed and practised. The relaxation helps to release our tensions, and open us or activates us to the creativity that is always present or dormant in us. The meditative orientation complements this by activating a way of thinking that attracts the crystallization of what needs to come next in what we are writing.

### **Birthing Model of Creativity**

Our creativity is natural and inherent in us. It is there, even when it doesn't seem that it is. It is what prompts us to have ideas, to make plans, and to release ourselves from the inhibitions that would contain us. Regrettably, we may have learnt to write and express ourselves in ways that have inhibited or blocked our creativity unnecessarily.

Clearly, not everything lends itself to the creative flow. There are times when some of us have to produce on demand, times when we may have needed to develop a fairly mechanistic approach to our output. There are also often times when aligning with a natural creative process to produce an output is helpful – a process very like giving birth. We will explore this notion and discuss how, when it is allowed to run its natural course, much creative work follows the definite, natural birth sequence: conception, implantation, gestation, pre-labour, labour, transition, delivery and bonding.

Knowing this sequence can offer us an overview or general understanding of what we are experiencing as we engage in a writing project. This understanding can enable us to relax and know in general terms how to promote the creative process, and when to act and when not to act by letting things take their own course.

We will also consider how our personal gestational and birth experiences (as a baby) may be influencing our overall patterns of creativity.

### **Releasing Ourselves from Inhibitions**

These days, lots of children are encouraged to be creative and what they produce is celebrated. Education has changed. However, there are still people whose writing, drawing and other creative endeavours were not celebrated, maybe actively put down or criticised. These

kinds of responses from others are recorded in our systems and replay in later life, unless we digest them and release ourselves from their clutches. For example, the inner critic in some people is a strong block to their creativity. Several suggestions will be made on how to deal with these kinds of things.

We will also explore the areas in which we are free and flowing with our creativity and those in which we are inhibited in some way. Practical ways of dealing with these inhibitions will be discussed. In particular, we will practise a way of holding fantasies of easy creativity, satisfaction in the process and a sense of mastery in our awareness as we keep *grounding* ourselves. Grounding helps to release us from the past and anchor and fix new patterns in us in the present.

### Ways of Anchoring the Creative Process

One of the main ways to promote our creativity is actually to write (paint, sing, draw ...). Without doing this, we place ourselves in a kind of limbo. Many successful authors have said that we need to make sure we keep writing – journaling, free associations, project related material, spontaneous ideas ... Participants will be asked to share what they do to keep engaging themselves creatively. This will open a discussion in which a series of ways that work will be introduced, including setting regular time aside, dealing with interruptions, writing rituals, giving ourselves rewards, making commitments, and productively using specialised affirmations.

### References and Resources

Ken Mellor: *Inspiration Meditation and Personal Wellbeing: A practical guide to balanced living*, The Awakening Network Inc., (Seymour, Victoria, Australia, 2011)

Ken Mellor: *Grounding Meditation* (CD, MP3) (The Awakening Network Inc., Seymour, Victoria, Australia, 1988)

Ken Mellor: *Creative Release Meditation* (CD, MP3) (The Awakening Network Inc., Seymour, Victoria, Australia, 1986)

Ken Mellor: *Relaxation Meditation* (CD, MP3) (The Awakening Network Inc., Seymour, Victoria, Australia, 1985)

## PRODUCING CREATIVE WORK WITHIN A TIME LIMIT

Many of us are challenged when producing creative work for pre-determined completion dates. With time pressing on us, we ask: how can we activate or maintain our creativity on demand and do so for long enough to complete our projects? Usually, too, we have other demands on us that require ongoing attention: bills to pay, shopping, families, friends, other work etc. While a familiar situation, many of us don't know how to assess in advance the practicalities of what we are committing to, nor the full implications of the time limits.

We will explore ways of making plans so they foster creativity throughout a project, help to identify and manage the various steps involved, enable us to keep track of our progress, and deliver in a timely manner. There will be opportunities to discuss and apply his suggestions to your own situation.

Areas to be covered will include:

1. Defining the task
2. Conceiving and committing to the timely end of the project (CRM)
3. Formulating a 'creative path' / 'critical path'
4. Celebrating completion of each stage.

### Defining the Task

When working to any time line or limit, perhaps especially contract work, we need to be clear on the end result required of us. We also need to be confident that we can and will deliver what is required in a timely manner. In order know these two things it helps to be able to define what is involved in a systematic manner. To do this, we will discuss a simple structured approach to eliciting the information we need when faced with a literary (or any other) task.

Tasks have four major components: a goal, an agent (that takes the action), the action required of the agent, and a context (the set of circumstances surrounding all involved). Experience shows that gathering the necessary information in relation to each mostly gives us a complete understanding of what is involved, while not doing so often leads to gaps in understanding and plans that will translate into difficulties.

This resolves into four basic questions:

1. What is to be done (the goal or end result)?
2. What needs to be done (the necessary action)?
3. Who or what needs to act to produce the goal (the agent)?
4. What people and conditions prevail that could influence the task (contextual conditions)?

We will deal with the importance of clarifying the end result, of understanding the difference between the goals, what needs to be done to achieve them, of making sure that we or others are clear on who will be doing what (responsibilities), and what prevailing conditions may influence our goals, action or responsibilities. Some of the information we need will be obvious, some maybe not. However, with these basic questions we are prompted to keep exploring until we have a complete understanding or picture.

### Conceiving a Timely End to the Project

This is important because our attitudes and expectations are powerful influences on the outcomes of our activities. And there are three principles that apply here that reveal the power of our attitudes in this regard:

1. Where we start is where we finish unless we change our goals
2. What we concentrate on is what we get
3. We tend to get both what we expect to get in the way we expect to get it.

We will explore how to shape our expectations so they accord with the outcomes that we desire or require. In particular, we will investigate a procedure that helps us to cultivate the attitudes and expectations we need in order to succeed, even if what we spontaneously expect would be counterproductive. They will also help us to harness our inhibitions and blockages so their energies are channelled into our creative processes.

### Formulating a 'Creative Path'

In order to know and, indeed, actually to deliver according to a set time, we need to determine what needs to be done and the sequence in which it needs to be done. This is the 'creative path'. Known as a 'critical path' in some settings, what we need to know is very specific so we can be sure of what we are doing. So for example, let's imagine that I have just been contacted by the editor of a magazine to write an article on creativity. What will the 'creative path' be?

1. Contact the editor to get specific direction on the subject and themes, date of completion etc.
2. Based on this information plus current work, leisure and family commitments, list all the steps that need to be taken
3. Work backwards to today from the due date and develop an ordered sequence of the required steps
4. Create a master list with start and finish dates and times, overlapping activities, making sure you do first what other steps will rely on before they can be taken. This will be the 'creative path' to which you will refer regularly and modify when necessary during the writing.

### Celebrating Completion of Each Stage

Basically the previous steps help us to create a map of where we are headed and how we plan to get there. It is a good idea to make the process as easy and enjoyable as possible and there are many things that we can do for this. Of course, we also need to do the writing, for without that there is nothing. So the point of making the process attractive is to ensure that we write, not as a way of avoiding it.

Perhaps the most important step is to make a definite commitment to complete the project in the allotted time. With this it is important to distinguish between motivation and commitment. Motivation is as variable as our feelings, while commitment is more stable because it is anchored in more constant parts of the situation.

### References and Resources

Ken Mellor: *Taking Charge: Task Analysis, Option Development, Problem Solving* (P.I.T. Press, Melbourne, Australia, 1980)

Ken Mellor: *Inspiration Meditation and Personal Wellbeing: A practical guide to balanced living*, The Awakening Network Inc., (Seymour, Victoria, Australia, 2011)

Ken Mellor: *Creative Release Meditation* (CD, MP3) (The Awakening Network Inc., Seymour, Victoria, Australia, 1986)

### PARENTING WITH TRANSACTIONAL ANALYSIS

Parenting has had an important place in Transactional Analysis from the beginning. By attending the workshop, participants will have exposure to:

1. A brief history of parenting in TA
2. Ken's and Elizabeth's hands-on and practical approach to parenting
3. Important distinctions between:
  - a. Parenting and therapy
  - b. Scripting and script
  - c. Pathology and normal childhood experiences
  - d. Expectations, guidance and limits
  - e. Encouragement/reinforcement, and uncomfortable consequences

The point will be made that every exchange we have with children and young people is recorded in our children and this can be used to their benefit. Knowing this can enable us to decide how we will act with children so they leave an encounter with us in better shape than when it started. This can helpfully involve answering the question: "What do I need to do so X can incorporate what he/she needs to be able to handle what is going on from now on?"

Other important areas to be covered will include:

1. Having fundamental respect for children and young people
2. The basic need for and importance of parents providing protection, leadership, and guidance in order to foster security, strength, self-confidence, sensitivity to others and respect
3. The value of having a specific, evolving 'parent map' for each of our children
4. Ways to make communication as easy and effective as possible
5. Several specific ages at which parents are wise to be alert and why
6. The phenomenon of 'four births'.

This will be a full, stimulating day with lots of learning that can be applied immediately. It can also fill gaps or build understanding for adults about the significance of their own childhood experiences. (1Day)

### REFERENCES

The first book written specifically to offer guidance to parents that used the Cathexis Institute material was called *Raising Kids O.K.* by Dorothy Babcock and Terry Keepers (Avon Books, 1977 paperback edition). Ken Mellor elaborated the Cathexis material through the 1970s, and he and Elizabeth Mellor further elaborated it through another thirty-year period during their contact with normal parents as they raised normal children. Their work is available in four co-authored books: *Easy Parenting* (Finch Publishing, Sydney, 2001) ISBN 1-876451-11-4; *ParentCraft: A practical guide to raising children well (2ND Edition)* (Finch Publishing, Sydney, 2001) ISBN 1-876451-19-X; *The Happy Family* (Finch Publishing, Sydney, 2001) ISBN 1-876451-12-2; and *Teen Stages: How to guide the journey to adulthood* (Finch Publishing, Sydney, 2004) ISBN 1-876451-38-6.

**EXPRESSING YOUR INNER POWER**

This creative and stimulating workshop helps people establish or strengthen their relationship with their Inner Self. This part of us is real, not mythical, and is basic to us having a deep sense of personal serenity and fulfilment.

People who have this experience a profound, ongoing sense of wellbeing, contentment, clarity, harmony and hope for the future. People without it experience an ever-present sense of underlying loss, emptiness, blindness or discordance in their lives. Even when they busy themselves with the practical demands of their lives, this yearning unease or uncertainty remains under it all.

The good news is that we can all learn to relate to our inner selves; and Ken and Elizabeth are expert in promoting us doing this. Time spent with them is an awakening experience. Their personal awakening stimulates us into our own inner freedom and power. Come and experience their touch, their attention, their embracing of your wholeness and beauty. Know the healing and releasing processes that are available in you—processes that lead to fulfilment and completion beyond imagining.

The workshop will include:

- Effective ways to get connected
- Learning to use day-to-day events to make the connection
- How to reprogram ourselves to make time to gain the amazing benefits
- Developing the skill to flow with the power of our core selves
- Finding fulfilment in everything we do at home, at work, with friends and during leisure activities.

(4 Days)

**MAKING LIFE EASIER AND MORE FULFILLING: Clearing Old Blockages**

Our capacity to live our lives so they are rewarding and fulfilling is very much determined by the pasts we carry around inside us. This old programming from our childhoods is something we all have. Aspects of it are wonderfully supporting and helpful in a lot of ways. While other aspects are unhelpful or, perhaps, actively disruptive or destructive.

This workshop is an ideal opportunity to build on the heritage of our pasts and release ourselves into the lives we are living now. We can live freely and easily now. All that many of us need to have this is a way of releasing ourselves into that freedom and ease.

The process will involve:

- identifying and strengthening our aspirations for the future

- discovering and consolidating those aspects of our histories that support these aspirations
- releasing ourselves from what is holding us back by finishing our unfinished business.

The result of this process will be a stronger relationship with the Inner Self from which our life energy arises and through which our personal presence and fulfilment are based.

The good news is that we can all learn to use this process and reap the many benefits of doing so. Ken and Elizabeth are expert in promoting our doing this. Time spent with them is an awakening and resolving experience. Every year that passes sees them helping people to realise their own inner freedom and power with increasing depth and ease. Come along and experience the healing and releasing impact of their awakening in your life.

**Silent Darshan**

A highlight of the Workshop will be the occasional *Silent Darshan* with Ken and Elizabeth - an intense sharing of healing and awaking consciousness.

(4 Days)

**IMPASSES: A DEVELOPMENTAL AND STRUCTURAL UNDERSTANDING.**

The theory and practice related to impasses was developed initially by Bob and Mary Goulding. It was associated with the understanding that impasses were significantly responsible for many personal problems and that resolution of impasses occurred when old incidents were re-experienced and old decisions were re-decided. Known as re-decision therapy, it is a very powerful therapeutic approach. Bob and Mary also emphasised that 'the power is in the patient', a revolutionary and powerful departure from current views at the time. Because of their use of Gestalt techniques, their school of TA was also known in the early days to take a TA-Gestalt approach.

This workshop will be based on Ken Mellor's presentation of impasses in which he took a developmental and structural approach, which is an elaboration of the Goulding's original one. During the workshop there will be exploration of the following:

1. The three primary degrees of impasse and how to recognise them
2. Ways of bringing the different elements (polarities) into awareness
3. The purpose of doing this
4. Re-decision work and impasse resolution (three impasses, three re-decisions)
5. Doing the work (two-chair work, the unifying process, Parent-Interviews, living life etc.)
6. Structuring the work so the process encourages the re-experiencing of old incidents/epochs
7. Recognising when someone is ready for a re-decision and the importance of insight
8. The spectrum from mechanistic to fully integrated re-decisions
9. The nature of effective decisions

There are several steps involved in this kind of process:

1. Identify the goals of the work/encounter with the client (involves some discussion of problems, situations etc.) and contracting in relation to them.
2. Identify currently 'active' impasses.
3. Use techniques for bringing the different elements of the impasses into the client's direct experience.
4. Discover relevant early decisions, encourage re-experiencing of these.
5. Make re-decisions and commit to future action in relation to them.

Exercises will be used during the workshop to promote the direct experience of the different elements of impasse resolution as outlined.

(1 Day)