



Healing The Heart With Self Compassion

June 18-24, 2012

Ghost Ranch, Abiquiu, New Mexico
<http://ghostranch.org/>

Self compassion, the ability to be kind and caretaking towards oneself in times of pain and perceived failure, is at the heart of the spiritual journey.

Yet developing a caring attitude towards oneself is one of the great challenges many of us face, even those who show great compassion toward others. Many of us

believe we must constantly judge and evaluate ourselves in order to hold ourselves to "high standards," or to goad ourselves to further achievement. The world around us reinforces this behavior, with its obsession with competition, individual achievement and punishingly high standards in appearance, professional accomplishment, and relationships. We increasingly understand that this unconscious "inner critic" creates great suffering, eroding our capacity to be fully present in our lives, to grow thoughtfully with life's challenges, and to experience deep peace and contentment moment to moment.

In this week-long workshop, experienced retreat leaders Valerie Brown and Kirsten Olson will help you become aware of the internal dialog you carry on with yourself, to listen to your "inner critic," and help recognize the shadow of holding yourself to punishingly high standards. We will practice counteracting self-criticism with kinder responses, and practice loving self care, even when we feel we don't really deserve it. We will also examine the ways in which the internal critic isolates us, and makes us feel all alone--apart from all others--further heightening our suffering. Throughout we will practice mindfulness techniques that help us notice our feelings and negative reactions, and to observe them, neither suppressing, exaggerating or judging them.

Through interactive exercises, large and small group discussions, movement and meditations built around in the awe-inspiring beauty of Ghost Ranch, this loving and humor-filled workshop will help you to listen to the wise voice that is already inside you: forgiving, compassionate, creative and whole, bringing this voice more centrally into the life you are living now, or wish to live in the future. This course includes an trip to Ojo Caliente Mineral Springs Spa.



Based on the principals of the Center for Courage and Renewal©, Valerie Brown and Kirsten Olson are trained Courage and Renewal facilitators.

Kirsten Olson is the author of the bestselling *Wounded By School* and is Chief Listening Officer of Old Sow Consulting, in Brookline MA, which focuses on mindful, compassionate and creative leadership training for educators and others in the helping professions.

Valerie Brown is an organizational leadership coach and experienced mindfulness and yoga instructor at Mindful

Solutions, in New Hope, PA, where she leads corporate, legal and career transition clients in problem-solving grounded in being present to one's life with integrity, attentiveness and respect.

For more information on course enrollment, please contact: tracym@ghostranch.org

Or visit the online Ghost Ranch course catalog at
http://www.ghostranch.org/index.php?page=shop.browse&category_id=16&vmcchk=1&option=com_virtuemart&Itemid=100337

SHORT DESCRIPTION: **Healing The Heart With Self Compassion**

Self compassion, the ability to be kind and caretaking towards oneself in times of pain, loss, and failure, is at the heart of the spiritual journey. Yet practicing self compassion is one of the great challenges many of us face in a world that rewards us for being tough on ourselves and always asking for more. Using group dialog, meditation, movement, journaling and joyful bodily rejuvenation, this loving and humor-filled workshop will help you to listen to the wise, authentic voice that is already inside you, and to become more forgiving, compassionate, creative and whole.

Valerie Brown, New Hope, PA
Kirsten Olson, Brookline, MA