

The Gifts of Spiritual Memoir



“**The Gifts of Spiritual Memoir**” uses a process steeped in positive psychology, neuroscience and meditation to help you feel calm, safe and open. That’s when creativity happens! The classes are deeply evocative of memories and imagery you didn’t even know you forgot... so it’s a really rich and often *fun* process of self-discovery. You will find out how precious and fascinating your life really is.

In this 7-week live, online interactive Zoom program, together we will find the extraordinary joy of self-discovery; in our stories of resilience, magic, faith, failure, drama, resurrection, purpose, humor and destiny, and the silver linings in challenges and grieved losses, forgiven, celebrated and woven into beautiful tapestries from the multicolored threads of our lives. Write to discover, transform and love your life –**you don’t have to be a ‘writer’**. Everyone is welcome!

This gentle process evokes soulful, heartfelt memories you didn’t even know you’d forgotten, and offers you a caring and creative framework in which to shape them – in the company of good-hearted, like-minded others. Together, we will celebrate your wisdom, courage, and the depth of your extraordinary experiences here on planet earth! Join me and my dear friend, Gilah, for this interactive guided journey by live Zoom video conferencing.