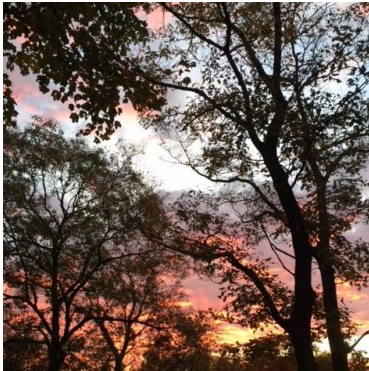




*A sacred place to be, and to become people of hope, compassion, justice, and service.*



## **Reclaiming Our Wholeness**

**Elaine Sullivan and Jean Richardson**

**May 18, 2018 to May 20, 2018**

The word "health" is derived from an Anglo Saxon word meaning "wholeness". Carl Jung who coined the word "shadow" stated, "I'd rather be whole than good". Reclaiming our wholeness and living authentically invites us to hold the paradox of shadow and light, strength and weakness, gifts and wounds. Our shadow contains all the parts of ourselves we have repressed, denied or hidden. Through recognition of our shadow we become more aware of the many ways we sabotage our sense of well-being. The parts of our shadow we do not embrace are often projected on others. Shadow work invites personal responsibility for reclaiming our hidden wholeness. This workshop will focus on the discovery of our personal shadow, the meaning of shadow as it relate to our inner work, and on the celebration of the hidden gifts within the shadow.

**Elaine Sullivan** is a nationally recognized advocate of wholistic wellness. Her experience includes years of teaching, counseling, psychotherapy, workshops, lecturing and program development. In the early 70's Elaine began presenting material on how early childhood patterning affects our state of health and well-being. From thousands of written autobiographies of her students, Elaine began to recognize the deep mystery and power of the mind, body, and spirit connection. Leading students and workshop participants to focus on the power of their inner life has become her passion. Scientific research in wholistic health is beginning to reflect what Elaine learned these past thirty years in story work.

Elaine has worked as a consultant in educational institutions, in corporations, in hospitals, as well as with families and individuals. Besides keynoting the National Wellness Conference, she has keynoted many other major conferences in the United States and Canada. She is a certified Transactional Analyst, a clinically trained Imago Relationship Therapist, a licensed professional counselor and a marriage and family therapist. Elaine is also professionally trained in the formation work of Parker Palmer. She regularly facilitates retreats in formation work for educators and businesses. She also prepares facilitators for this work. Elaine is known for her ability to create caring environments where people can engage in understanding and appreciating the depth of their own stories and the stories of others.

**Jean Richardson** serves as the director of Kirkridge Retreat Center in Bangor, Pennsylvania. An accredited Courage and Renewal® facilitator she has led over 30 programs while at Kirkridge,

many as part of a seasonal series. Prior to her move Jean spent 10 years on the staff of Ghost Ranch, a national conference center of the Presbyterian Church U.S.A. located in New Mexico. Loving the outdoors, Jean has worked a variety of professional capacities in retreat settings for the 22 years.

Cost \$445 includes double occupancy room, board and tuition