The Journey and The Guide

Developing a Fit Mind

* Cultivating Integration
* Cultivating Positive Emotion

Creating space through Spiritual Receptivity

* Being aware of our experience
* Becoming aware of the processes of life

Spiritual Death

* Letting go and being less selfish
* Being aware of and challenging our views

Spiritual Rebirth

* Using our imagination to go beyond ourselves
* Engaging with the arts and nature