

Transpersonal CPD Events

A Matter of Life and Death.

“I learned that every mortal will taste death. But only some will taste life.” ~ Rumi



Let's talk about about living, losing and dying. So far, so miserable, right? Wrong. Our beliefs about death and dying affect how we *live*. To fear death is to fear life. To embrace our lives fully we must come to terms with loving, loss of all types - and bereavement. And we must of course include our own ending. And ideally, not leave contemplation of this until it's too late. So this is a workshop designed to open up a conversation about what is, arguably, the most avoided topic of all - death.



Lynn Somerfield
psychotherapy

Reflecting upon death and not hiding from the fact of it is essential in order to obtain a perspective on seeing how fortunate we are to have lived at all.

What to Expect From The Workshop

Through experiential and creative exercises we will explore this issue. We'll begin examining the losses we've incurred thus far - both big and small - and what we've learned from these experiences. Loss of family members, significant others, friends and our animal companions. We'll look at other losses - of youth and vigour, physical capabilities, health, and so much more. We will examine our own attitudes to loss, dying and death and how these can help or hinder us along the way.

We'll be drawing on the works of some of the great teachers - the Dalai Lama, Stephen Levine, Clarissa Pinkola Estes, Deepak Chopra, Rumi and others. And for those of us who work as therapists we'll be asking - how can we help others in their suffering? And how can we help others if we have unfinished grief of our own?

Who's the Workshop For?

In short, anyone who's interested in this subject. If you live in dread of losing loved ones or morbidly fear your own death you may, in the wonderful, healing atmosphere of Violet Hill Studios in St. John's Wood, benefit from a safe and guided space in which to explore this subject. And my hope is that you will leave more fluent in

the language of loss and feeling more awakened to the experience of life lived as an opportunity than you perhaps did when you arrived.

Dates:

4 & 5 November 2022

Fee:

£235

Location:

Violet Hill Studios, London, NW8 9EB

To book

Visit my website (see below) and scroll down to the appropriate workshop. Or email me.

Email:

lynn@lynnsomerfield.com

Website:

www.lynnsomerfield.com/workshops

About the workshop leader

Prior to working as a therapist, I had a career in advertising for over 20 years. Deciding upon a change, I studied for a Masters Degree in Psychotherapy and graduated in 1998 as a Transpersonal and Integrative Psychotherapist. I am on the staff as a lecturer at CCPE in Maida Vale and I am UKCP accredited. I have been in private practice as a psychotherapist and supervisor since 1998 and have facilitated regular workshops on a variety of topics for twenty years. Please visit my website for further information.

Hover your mobile phone camera over this QR code to visit my website workshop page.

