



Triune Healing

Integrating Spirit, Science, and Psychology

RUMBLINGS AND RUMINATIONS

Monthly Newsletter from Sharon Snir

August 2008

www.sharonsnir.com

Greetings and Welcome Everyone,

Who inspires you? That is the topic of this months newsletter.

As we evolve and open ourselves to pure Consciousness we move through different stages.

We begin in Desire (Physical) . I want to Be... I want to know...

As we lift our energies we begin to Aspire (Soul). We listen to our soul and begin to imagine and dream our Being into reality.

Everyone can Inspire (Spirit) another person. It simply requires us to serve and incite in others the will to do good.

I have been inspired lately. Let me tell you how.

Love and Blessings,

Sharon



TRIUNE HEALING

Integrating Science, Psychology and Spirituality

Therapy, Supervision, Workshops and Seminars

Therapy

Through Gestalt Psychotherapy, The Work of Katie Byron (www.thework.org), Art Therapy, Meditation, Dialogical and Relational Therapy, Past Life regression therapy, Spiritual Guidance, Sharon offers individuals, couples, adolescences and children the opportunity to experience a deeply respectful process where the focus is always on self-awareness, self acceptance and self responsibility.

Supervision

Supervision in Gestalt therapy practice is broadly defined as facilitating the process of the therapist's response-ability in working with the client or the group. Gestalt therapy supervision then is a here-and-now process that explores the contact-boundary between the therapist and the client system for the purpose of enabling the therapist to become more creative and fully alive in the therapy session.

Telephone Sessions

Sharon has been successfully conducting Individual Therapy and Supervision over the phone and through e-mail contact.

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Inspiring Times

I have just had the great pleasure of attending a conference here in Sydney called [Soul in the City](#). It is the brain-child of true visionary and community conscious leader, Che McLeod.

Soul in the City is for people wanting to co-create an experience of community that raises consciousness, lifts the spirit and nourishes the soul, and that is what it did last Sunday.

Che writes, "Teachers and students need each other doctors and patients, therapists and clients. Retailers and customers need each other. Performers need an audience, authors need readers taxi drivers need passengers - and on it goes.

What and who do you need?

Society leads us to believe that we don't need anyone except "to get the job done," whatever that may be. People often think their value as persons is closely tied to the roles that are bestowed upon them or to the roles they choose for themselves.

After all, who are you when you are not someone's son or daughter, partner or friend? Even strangers, people you've not yet met - and may never meet play a relational role in your life. And those who lived before you! You have a relationship with them too. It seems there isn't anyone who isn't someone, in relation to you.

But- who are you in relation to you?

When the expectations of others are no longer centre-stage. When it is just you. Who are you - then? Can you express your Self without adjectives? Do you know who you are without reference to roles? "

Listening to Roger Cole, oncologist and palliative care physician, was nothing short of a transcendent experience. He has been caring for the terminally ill for the last twenty-one years. Following an experience of enlightenment in 1984, Roger has been integrating spirituality in his medical role through meditation and self-awareness, with a vocation to bring hope, comfort and healing to his patients and their families. He said that empathy means to see beauty, to live in the feelings of the spirit and to extend only love into our world.

This means different things at different times and it requires the power to adjust each moment to accommodate changing people and circumstances. To succeed in this we need to learn to be constant in a simple, natural way with such power of self-respect that we keep our language of Truth safe and accessible. Thus we take care of the Self, and with this pure desire we take care of our world.

By the time he stopped talking, the room had become utterly silent and there was nothing, absolutely nothing, except peace.

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We, in Sydney, have just hosted World Youth Day. Hundreds of thousands of pilgrims came into our city and stayed to welcome the Pope. Whatever my views are about organised religion one thing stood out for me; five hundred thousand people slept out in the freezing cold of the night in joyful anticipation of praying together with the Pope the next day. Young people from all over the world gathered to share their love of their religion and meet each other. It was a week of peaceful gatherings, love and understanding. There was as far as I know only one event that resulted in someone being injured. Of course that is one too many and yet I look at this week of re-enactment, reverence, joy and spirituality as symbol of Global peace.

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I recently heard a documentary of how indigenous and migrant people are working together with police in Brisbane, in Australia and Winnipeg, in Canada to bring their cultural and spiritual knowledge into their communities through including the elders in many civil situations. In that way the young people realise that the police are not against them but working with their leaders to teach civil laws and well as cultural laws them respectfully.

"Shalom Gamarada" is The name of the scholarship program and annual art exhibition that helps to fund it reflects the journey of Jewish and Aboriginal people together in Australia. Professor Richard Henry (formerly from the Faculty of Medicine at UNSW) said of the scholarship program, " Our commitment must be to maximise the number of indigenous doctors in the workforce and this wonderful initiative will make all the difference between an Aboriginal student who struggles to pass and one who progresses steadily through the program."

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Anna Hughes raising consciousness all over the world and living in Cyprus, created a conference in Cyprus that invites us to all go [Beyond Limitation](#). She asks, "Do you know Who-You-Really-Are? And what you can really achieve, with a little courage? Do you know what Life (YOUR LIFE) is all about?

Do you know what is your intuition?

Do you know where to find it? And how to access it? How to use it to confirm your decision-making?

Do you know how to turn on the electricity inside you to manifest what you truly want?

Do you even know how to intuit what it is that you truly want in those parts of your life that truly matter - work, friends and family? And how to confirm this intuition? How to use this intuition to grow yourselves and your businesses?

Do you know how to be spontaneous? And to enjoy this? To be able to laugh, play and have fun whether at work or with family - all the time?

I am inspired by these individuals and so many, many more.

### **Who inspires you?**

Until next time

Love and Blessings Sharon

## **Seminars and Workshops**

**August 24/242008**

**Saturday 23 and Sunday 24 July**

**Teaching *The 12 Levels of BEING***

**For graduates of The 12 Level of BEING.**

**This weekend has been**

**designed to help you explore how you will teach this work**

**in your own unique way.**

### **DAY1**

- Each person has his or her own way of learning, and we tend to teach the way we like to learn. What about those individuals that learn in ways that are different from our own style? What do we need to be aware of to make sure our students learn what we want them to learn?

- When providing instruction, whether to students, clients, or patients, it is beneficial to understand how we as teachers learn and provide information. There are a number of different learning styles.

- We are going to look at three broad categories:

\*Visual Learners \*Auditory Learners \*Kinaesthetic/Tactile.

## DAY 2

- Once we have understood how we learn we will create a workshop where we each teach one level of the 12 Levels of BEING in our own unique way through

- Individual support and coaching

- Discussion and feedback

- Light-heartedness, laughter and fun are an integral part of this weekend.

## Follow -up

One hour individual session to consolidate the work and to support the planning of your own workshop is offered.

## [When Spirit Doesn't Matter](#)

**PART 1 August 9. There are still some places available. Please call Triune Healing to register.**

**Part 2 August 10. Arrive at 9.30 Please bring some food to share and be inspired!**

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