



## RUMBLINGS AND RUMINATIONS

Sharon Snir Monthly Newsletter

November 2010

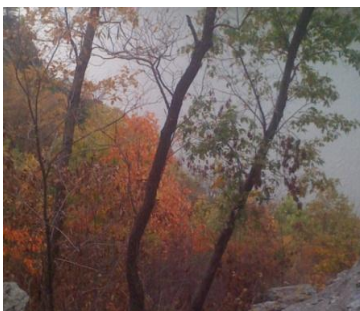
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Triune Healing

Integrating Spirit, Science, and Psychology

Greetings Everyone,

I have just come back from 10 days in York Pennsylvania where my dear friend and colleague Dr. Elizabeth Revell and I offered a workshop called, **Travelling at the Speed of Light Heartedness** aka **The 12 Levels of Being**.



the edge of the world.

It was autumn and the trees were at their peak vibrancy. I have never seen such colours. It was unseasonably warm and in the peaceful stillness, the leaves became butterflies and fluttered all day through the sky eventually dropping all over the rich warm earth.



Elizabeth and two friends Rita and Ross took me to a sacred site where the original people of Pennsylvania lived. Here we meditated on

Elizabeth and I met each other through email in the late 1990's. She was Editor the American Gestalt Newsletter and I was the Editor of the Australian Gestalt Newsletter. We both reached across the ocean and introduced ourselves to the Editor of the European Gestalt Newsletter, Lars Berg and before we realised what had happened we linked cyber arms and began to plan a writing workshop together. The day after we all met for the very first time in Stockholm, we presented "Our Write to Remember" and we have been life long friends ever since.



One of the participants of the workshop was a woman named Beth. She literally shone throughout the weekend. She shares her experience.

I was informed of the Twelve Levels of Being by a dear friend and blindly signed up knowing nothing of Sharon or The 12 Levels of Being. Within moments of being in the energy of the room, I felt at home, strong, and safe, and began to remember who I am on a cellular level. We were a seemingly random group of men and women gathered to take the next step in our personal journeys. We became a connected and accepting group gathered to encourage and witness individual and mass evolution. The beauty of sharing a meal in silence, a meal prepared with so much love by our beautiful hostess Elizabeth, was beyond words, but not beyond a few giggles.

The 12 Levels of Being has given me words and structure to so much that I feel and know. I now feel more able to live life in a way that feels natural to me. To live with trust, and confidence, and light.



What a joy to spend time with Makaya. Makaya arrived from the Congo in the most extraordinary and difficult circumstances and after years in a detention centre was adopted by Elizabeth and Alvin on May 2006. The energy of the workshop was truly enhanced by his light hearted presence.

To all the participants who carried the energy of The 12 Levels of Being forward I thank you. And thank you for being willing to Travel at the Speed of Light Heartedness with me.

I loved every minute.

Love and Blessings,

Sharon

