



## **Triune Healing**

Integrating Spirit, Science, and Psychology

# **RUMBLINGS AND RUMINATIONS**

Monthly Newsletter from Sharon Snir

December 2008

[www.sharonsnir.com](http://www.sharonsnir.com)

### **Greetings and Welcome Everyone,**

**I am writing this Newsletter from Israel. I have travelled to Beer Sheva in the Negev to be with my eldest daughter, to the cosmopolitan city of Tel Aviv to see my youngest daughter and to Jerusalem to be with my eldest son.**



**I have travelled on buses, trains and taxis and have chatted with Israelis and Palestinians, religious and secular Jews and sat with countless tired young soldiers coming home for the weekend to be with their parents after weeks away from home. I have found myself in Nazareth watching a demonstration to free Gaza.**

**I have talked to Arabs selling homewears in the shook (market) and Jews selling falafel in the street. Everyone here in Israel has a story that begs to be heard. I listened. I nodded. I laughed and cried and acknowledged each story is an expression of their truth. No one can say otherwise.**

**I take these stories away with me knowing I am all the richer for the privilege of being here in this extraordinary country.**

**Love and Blessings,**

**Sharon**

### **Life Can Be So Simple**

**My husband always said that as parents we must give our children deep roots and wide wings. Neither of us however, had any idea how deep those roots would grow or how far those wings would fly.**

**After 10 months of not seeing three of my children I boarded a plane for Israel. The last few weeks in Sydney had been intensely busy finishing the draft of my new book and so the time to leave crept up silently until suddenly I was on the plane. First stop London. As well as meeting some very old friends, I wanted to go to Stonehenge[i]. I had been dreaming about going to this ancient monument in the county of Wiltshire in England. In fact I never did get to Stonehenge. The three days in London were full and the weather was not conducive for travelling. I let the dream go. It was not to be.**

**Skip forward three weeks. I am in the car with my daughter, sister in-law and brother-in-law heading toward the ancient city of Beit Sha'an in the north of Israel. Beit Sha'an sits at the junction of the Jordan River Valley and the Jezreel Valley. In its early days its strategic position controlled access from the interior to the coast, as well as from Jerusalem to the Galilee. Its name is believed to derive from the early Canaanite "house of tranquility". I had wanted to go to Beit Sha'an for some time. It seemed to be calling me.**

**Suddenly, Sheli screamed.**

**What! What is it? I turn to her and I screamed. Out of the window I saw the most unlikely sight. A henge; a huge monolithic structure of two enormous rocks holding up another rock, and a row of smaller rocks forming a semi circle. Stop!Stop! Sheli, however, was not even looking outside. She was deeply involved in trying to remove a bright yellow wasp from inside the car.**

**Running up the road to take a closer look, the photo says it all. Joy. Pure Joy. I had found my hedge. It may not have been Stonehenge but it was there waiting for me. I didn't look for it. It found me. And a tiny wasp made sure I looked in the right direction at the right time.**

**Searching for anything will only take you away from the gifts that are present. Some of us spend our lives searching for something; the right job, the perfect home, the best price or the top computer. Some of us search for the perfect partner, or a special moment. Even our life's purpose is on some people's search list. But searching for anything will always result in the same thing. Instead of finding, we end up losing. Searching takes us away from NOW. It causes us to miss out on the gift of this moment. We can search for truth but Truth can only be found by living and loving what Is.**



**My children have taken flight and have landed in their own lives. Our youngest two children have grown deep roots too, and plan to spread their wide wings early next year. I am not waiting for them to go or to return. I am not planning to follow them. I am here today. One son has just completed 10 months of a program that took him to the depths and heights of his being. Within the sadness he feels in saying farewell to friends that have become closer than family, lies a bottomless pool of joy and gratitude that he did it.**

**And I have a ticket that says I fly to London tomorrow and then to Sydney.  
That's all I know right now. That's all I need to know.  
Life can be so simple.**

**Be it Christmas, Chanukah , Nowruz or the gathering of family and friends, may this festive season bring you peace, joy and so much happiness.**

**Until next year,**

**Love and Blessings,**

## ***Sharon***

**[i] A henge is circular or oval in shape and is usually made of stone. Some henges were created thousands of years ago and used for many kinds of ceremonies**

## **TRIUNE HEALING**

**Integrating Science, Psychology and Spirituality**

### **Therapy, Supervision, Workshops and Seminars**

#### **Therapy**

Through Gestalt Psychotherapy, The Work of Katie Byron ([www.thework.org](http://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.

[www.triunehealing.org](http://www.triunehealing.org)  
[www.sharonsnir.com](http://www.sharonsnir.com)

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## **Workshops**

We are finalising dates for 2009

**The 12 levels of BEING** and  
**When Spirit Doesn't Matter**

and will sending out information in the the next week.

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