



Triune Healing

Integrating Spirit, Science, and Psychology

RUMBLINGS AND RUMINATIONS

Monthly Newsletter from Sharon Snir

June 2008

www.triunehealing.org

Greetings and Welcome EveryOne,

This month I will be sharing some thoughts on how we raise our children. *When will you finally take off your Mask* takes a look at how we unconsciously remove choice from our children's lives and in so doing, shrink ourselves by believing in our own illusions. We reduce life to a series of shoulds and should nots. We limit who we are by believing that we *have to, we must, we need to*, be a certain way.

We completed Part III of *When Spirit Doesn't Matter* in April and we all were deeply impacted, each of us experiencing profound shifts in ourselves. I have included some of the feedback. Personally I can only say I was guided on a journey that sometimes felt very uncomfortable (Part I: Personality) and yet never too much to bear. By the time we arrived at Part II (Soul) and Part III (Spirit) I fell into a place of complete and total trust that all was perfect. I can honestly say *When Spirit Doesn't Matter* has been the most incredible workshop I have ever participated in and I thank my co-facilitator Helen Barton for her partnership. We worked in absolute Integrity and Love and both look forward to sharing this work again and again.

Part II of WSDM will be held August 10th, 2008

We plan to begin WSDM Part I again this year and will keep you informed.

There are some wonderful workshops coming up and next month I am including a workshop that my colleague Maria Dolenc is giving in June. She is an extraordinary therapist and beautiful human being.

In addition we are beginning a Dream Therapy Group commencing on Tuesday July 1. Places are strictly limited.

Love and Blessings,

Sharon

TRIUNE HEALING

Therapy, Supervision, Workshops and Seminars

Therapy

Through Gestalt Therapy, **The Work** of Katie Byron (www.thework.org), Art Therapy, Meditation, Dialogical and Relational Therapy, 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

www.sharonsnir.com

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When you finally take off your mask who will you be?

What mask you ask? How do you even know I am wearing a mask?

Just pretend, for a minute.

Pretend you are wearing a mask. Close your eyes and take three breaths that connect you to your, Soul, Spirit or Higher Self. Your highest wisdom.

Ask yourself, what physical form does my Spirit want me to take?

Yesterday I heard a program on the radio which deeply disturbed me. There is a steep rise in the number of children presenting with serious eating disorders in Australian hospitals. That is not new. What is new is that the average age is now 10 year old.

Some of the reasons given is the constant exposure children have of 'thin' models as role models, as well as the increased sexualisation of children through many forms of the media. I believe it goes much deeper than that.

When a child is born the child is vulnerable. There is no fear in that child. The child is born vulnerable. The fact that a baby is born small and weak is its greatest protection. Indeed its greatest strength. The soul knows this. We all come into this world as defenceless babies in order to adjust to circumstances and conditions that help us learn or accept whatever is needed in preparation to become an adult. So a child naturally explores from the moment it is born.

If the child sees a stray dog, he does not think I had better not touch it because it might bite me. No, he wants to go up close. He thinks, I wonder what that is. If a child plays with sand and wonders what it taste like it will not think I better not put it in my mouth because it will make me feel sick. He will bring his hand up to his mouth and eat it. If a child sees a rock and wants to climb it, he does not think I better not I may fall. He will start climbing.

Many parents tell the child NO. No it will bite. No it will make you sick. No you will fall.

Do not eat that.
Do not touch that.
Do not wear that.
Do not breathe that.

Soon the child learns to put on masks and builds barriers around himself because she is being told her choices are wrong. You are unacceptable as you are.

We need to be telling our children, when they about to do something, "You are beautiful AND just one moment".

If you decide touch that dog, it may bite you.
Do you want to do it?

If you choose to eat the sand it may taste bad.
Do you want to do it?

If you choose to climb that rock you may fall.
Do you want to do it?

This teaches the child that he/she has **Choice**.

How many of us say these words:

There is not choice. I have no choice. There was no choice.

Actually, all we have is Choice. In every moment we are making Choices. Some of them conscious. Most of them, because we have been taught as children that that we have no choice, are unconscious. We have been misled.

Our circumstances may not always be in our control but how we choose to BE in any situation is always our Choice.

Question:

What would you do or say if your child tells you she is ugly?

If she tells you that her friend told her so.

As a parent, one thing I know is that you never tell a child her friend is wrong! You tell her that this is what her friend is **choosing** to believe at this moment. You ask whether they had a disagreement. You explore whether there something about you that her friend wishes she had or he had so if you are ugly, her friend is not going to feel so bad. You ask her, do you truly believe you are ugly. Let's look. What is ugly about you?

This validates the child and allows her to feel strong through being vulnerable. What a gift that is.

Of course children need boundaries. He needs to know that if he stands too close to the cliff you are there to take hold if he should stumble. The child does not want his parents to stand between him and the cliff. They must stand behind or beside according to which will be the most effective.

We need to be teaching our children to see and to accept themselves for who they are and **NOT** for who everyone expects them to be. The moment a child is taught who he or she ought to be they enter the world of **illusion**. Because they are never going to be what someone else wants them to be. **They can only ever be themselves.** And trying to be something else creates depression. It creates rage, distrust, low self esteem. Everything that they were born without.

The only way this can happen is when we take off our own masks. The mask we use that makes us look young, brunette, slim, clever, courageous, happy. These masks may convince other people but they leave us feeling that we are failing in one way or another.

When the child becomes a teenager and has been lovingly supported to make her own informed choices she gradually learns she does not need to make adjustments or changes at all. The moment we all step into teaching our children in this way the first thing that will disappear is obesity, and voluntary starvation, because both have a direct connection with self acceptance.

When I ask myself the question, what form does my Higher Self want me to take, the answer is the form of who I AM.

My spirit uses my physical form to demonstrate how much more it is than its appearance.

In our world at the moment, spirit is often absent because there is so much focus on ensuring our appearance is wonderful. So often there is no time or energy for the spirit behind the appearance. Most of the time we put such enormous energy and effort into how we look because the spirit feels vulnerable. So if we tuck our Spirit away behind a magic screen we think it will be safe. We will not. We just feel more and more vulnerable. And we learn to step more into aspects of being that are focussed on what we are on the surface.

As we stand in full and loving acceptance of our physical self we realise that true beauty is within and the external is, As It Is, a part of that process.

Personal Growth Group- Dream Appreciation
10 weeks- Commencing July 1 -Tuesday 7.30pm -9.15pm

Dream Appreciation is designed for men and women who want to learn about themselves and their interactions with others through sharing and exploring their dreams. It creates opportunities to receive feedback and learn ways to self support in all areas of our lives.

Places are limited to 8 people

If you are interested in exploring the symbols and messages of your dreams, within a safe and confidential group setting please call Sharon for details.

Seminars and Workshops

June and July 2008

Saturday 12 and Sunday 13 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.

DAY2

- 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.

A Residential Workshop of Inner Exploration

Providing us with a deeper self-understanding to open the heart to new ways of being with family, colleagues, friends and most importantly, with ourselves. Revealing the hidden dynamics of family, thereby enabling the disentanglement of family relationships across generations.

Maria Dolenc will be facilitating this workshop and providing you with her own unique style.

Date: 2pm Thurs 12th to 2pm Sunday 15h June 2008

Venue: Maria Tal Cottage

2 Victoria Rd, Wentworth Falls

Cost:\$480 (includes accommodation and meals)

Bring. Toiletries and Linen (sheets, pillowcase, towel), Warm clothing

Bookings: Contact Maria Dolenc

Tel 02 8021 2177 or

Mobile 0425 277 279

Email: mariadolenc@optusnet.com.au

<http://www.mariadolenc.com.au>

When Spirit Doesn't Matter -A few Sharings from Graduates

In a nutshell WSDM 'tackled' some of the life themes I have that push me into dead ends of the maze you talk about. In our society, it's true, we're soooo hung up about towing the line, not hurting people's feelings, not being inappropriate that we really miss the point of True Wisdom - which is having the power to discern & act upon what is right and not right.

If your perceptions are based on misconceptions then decisions you make or thoughts

you have based on them are going to be skewed. Hence banging your head against (maze) wall analogy. So, in WSDM I came face-to-face with a theme i have of not speaking my truth to people. I realised that being worried they'll judge me as harsh or that they will crumble to pieces won't get either me or them closer to the centre of the maze.

In the workshops my 'thing' to practice was just to be what I felt in the moment - true to myself first with the side-thought of being conscious of not actually crushing someone in the process. Eg with Sharon and writing people's names on the certificates. The old me would have apologised profusely for my lack of calligraphy skills. I would have tried to find someone else to do it etc, etc. But the standing-in-my -own-truth-me thought "Sharon knows how I write. If she wants it done better she can ask someone else or do it herself"

I feel much more relaxed in my skin after having completed WSDM: as if each life issue is it's own maze and on several of these issues because of WSDM i'm on the homeward stretch to the middle of their maze. Ie to thus get to the heart and rise out of the maze as opposed to trying to get thru to the end. Eg assimilating an issue in this way could be like eating food and it going thru the body- we're not concerned about what comes out the other end - that's just poo. The amazing thing is that we have transformed the energy of the food to life force/energy for us! So, assimilating an issue in the maze gives us more life force in the long run.. Nadine

It is not about me or I

It is not about you or thy

It simply IS

It is not about connection

It is not about direction

It simply IS

It is not about holding on

It is not about having won

It simply IS

When assumptions and expectations no longer matter

When chaos reigns and souls shatter

It simply IS

BLISS

Something I heard from a monk in Bhutan spoke volumes about WISDOM. If you have anger/fear and you feel compassion you have great wisdom. And the anger/fear disappear.

If you have anger/fear and great wisdom you automatically have great compassion and the anger/fear disappear.

So WISDOM is the key ingredient.

All my love and blessings

Estelle

I have already made two attempts to fulfill John's and your request and got stuck.

This morning I asked and said: "Come on "guys" I need some help here!"

Loud and clear this message came through: Do you come from the I can't or the I can?

If you come from the "I can't" - then ring Sharon and talk to her.

If you come from the "I can" - then get on with it!

What are the learnings from these three workshops?

So here it is:

The fellow participants shared themselves in such loving and touching ways and the learning from this for me is, be real! Be who you are.

We were asked what we thought a really spiritual person would be like. At first to my mind came this image of a yogi high up on a mountain in total alignment with all that is and beyond human traits and conditioning. In other words - it would have to be someone perfect. Well, little did I know! We are all spiritual beings no matter what our beliefs, our conditioning or our perception of the world is. So be who you be and enjoy the ride!

Another profound learning from the second day: I picked the word "waitress" in one of the exercises. What does this mean to me? Very clearly it means to me that my calling is to be of service. From a loving heart all is possible. I still need to do some work around judgment of myself and others and I am willing to do it.

The third and final day will stay with me deeply. The 12 Universal Laws are at work at all times. I took stock of what has already manifested in my life over past years and there is so much I am deeply grateful for. "Open your eyes - the eyes of your heart!" Simple messages and a sense of knowing from a different level, a level that bypasses my thinking - from that energy within my being.

John has laughed at my question and given me a pointer. I am not only on the right path - I am on a wider path than I have imagined and I am only at the beginning of it. I enjoy the ride! Bring it on!

The learning from this is a heart filled with love, gratitude to my teachers and a deeper love for myself. Helena

It has been interesting to me to learn about the spiritual laws. It is a subject very close to my heart, one that I have pondered over for many years, read about etc, but never found anything that really gelled with me or had the ring of truth. Tying it in with the what we learned in the Twelve Levels of Being has been enlightening and given me a new perspective and insight into my life and my place in the universe. Hilary

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