



The Spirituality of Healing

Day of Reflection

Cost for program: \$75
Lunch included

Register at

www.ILMidwestMaleSpirituality.org

Thursday, February 12, 2015 — 9:00am-4:30pm

Dr. James Finley, Ph.D.

A one-day retreat exploring a seven step, contemplative approach to the decisive role spirituality can play in healing trauma and all forms of suffering. The day is intended for clinicians, pastoral counselors, spiritual directors, trauma survivors, those in twelve-step recovery programs, and for all who are interested in the spiritual dimensions of healing. The day will include short periods of silent meditation and discussion of the themes presented. CEU units pending.

Topics presented will include the Seven Steps to Healing:

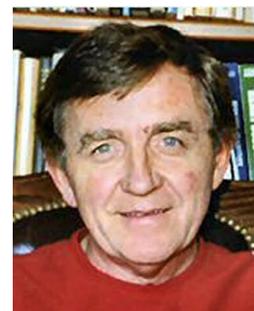
1. Be grounded in your experience of who you are. Take responsibility for the healing that needs to occur there.
2. Be grounded in the revelatory nature of your moments of spontaneous spiritual experience.
3. Realize that the root of suffering is estrangement from spiritual experience. The root of happiness is in spiritual experience.
4. Follow the mystics on the path of prayer and meditation that heals the root of suffering in its origin.
5. Follow the saints on the path of compassionate love that heals the roots of suffer-

ing that have found their way into our minds and hearts

6. Learn to live in the axial moment in which being present to suffering evokes a spiritual awakening that transcends suffering.
7. Devote yourself in prayer, meditation, and compassionate love to the lifelong process of learning to be a healing presence in the midst of the world. Be resolved to continue living in this way until the last traces of suffering dissolve in love and only love is left.

James Finley, Ph.D. lived as a monk at the cloistered Trappist monastery of the Abbey of Gethsemani in Kentucky, where the world-renowned monk and author, Thomas Merton, was his spiritual director.

He leads retreats and workshops throughout the United States and Canada, attracting men and women from all religious traditions who seek to live a contemplative way of life in the midst of today's busy world. He is also a clinical psychologist in private practice with his wife in Santa Monica, California. James Finley is the author of *Merton's Palace of Nowhere*, *The Contemplative Heart* and *Christian Meditation: Experiencing the Presence of God*.



For reservations, visit

<http://www.ILMidwestMaleSpirituality.org>

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Hosted at the

**Carmelite
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