

# Healing From Within™

## An Inner Path to Love and Your Soul

### Healing Retreat and Workshop With **Benig Mauger**

In an increasingly fragmented world, we seek inner wholeness, spiritual purpose-and love. Seeking love outside of ourselves however, keeps us divided. To be capable of giving and receiving love, we have to embrace our essential natures and heal our emotional wounds. Healing comes from within, and accepting our wounds as gifts and our early life experiences as spiritual tasks of empowerment both heals and frees us.

Using a unique blend of psychology and spirituality, Healing from Within is designed to guide you on your inner journey. Using meditation, art, movement and dream work, this experiential workshop will examine how soul patterns transmitted to us in early life influence how we relate, and offer a framework for understanding how these imprints are played out in our lives and relationships. Since the union of the masculine and feminine within is essential to individual spiritual well-being, I will consider in addition, how heartbreak is a sacred initiation that can lead us to love and compassion. Using myth and poetry to illustrate the journey to the Inner Marriage, and a workbook to help you begin your healing journey, this workshop will help you reconnect with and heal your heart from wounds you feel have held you back. Identifying your patterns in relationships will help you balance your male and female energies and recover a sense of inner wholeness and spiritual purpose.

- Discover the role your parents and early life experiences have in shaping our inner feminine and masculine
- Learn the connection between your love relationships and your spiritual journey
- Using the principles of Healing From Within, experience your own journey to inner healing.

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From: *Love in a Time of Broken Heart-Healing From Within*, by Benig Mauger, Soul Connections, 2008 Essential reading for the workshop.

**Date:** 22-24<sup>th</sup> May 2009

**Venue:** The magical surroundings of the Burren, Co. Clare, residential weekend workshop at the Burren Holistic Centre

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

**Cost:** 350€ to include all meals, accommodation and tuition, Friday evening to Sunday lunch.

**Bookings:** In advance to Benig Mauger, 9, Leinster Pk. Harolds Cross, Dublin 6W (cheques for the full amount made payable to Benig Mauger) Please include your name, address and email.

Bookings can also be made on line through paypal at [www.soul-connections.com](http://www.soul-connections.com)

The group is limited to 12 people so early booking is advised.

This is a unique opportunity to work with Benig, author, therapist and pioneer in human consciousness, in a magical and nurturing setting. There will be time for one to one work with Benig as well as opportunities to explore the beautiful countryside of the Burren.

For more information on the centre, go to [www.burrenholisticcentre.com](http://www.burrenholisticcentre.com)

For more information on Benig Mauger go to [www.soul-connections.com](http://www.soul-connections.com)

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**Benig Mauger** is a Jungian psychotherapist, writer and speaker in private practice in Ireland. Author of *Songs from the Womb, Reclaiming Father-The Search for Wholeness in Men, Women and Children* and *Love in a Time of Broken Heart-Healing from Within*, she is a pioneer in human consciousness and travels internationally to lecture and run workshops. A frequent speaker at international congresses, she has featured on TV and radio and she is published in Germany, U.S.A., Greece, Russia, and Britain. Her work is featured on her website [www.soul-connections.com](http://www.soul-connections.com)