

Thursday 16 August

Discovering Your Passion and Purpose - Dr Petra Weldes

We're told to follow our bliss and live our lives on purpose, but it's not always easy to know what that means. Dr Petra will guide you in exploring how purpose and passion are related and how they relate to who you came here to be. If life is a stained glass window, imagine the colours the Life is glowing through as you and the unique gifts you have to bring to the world. Discover what sparks you.

Your Personal Symbols - Denise Nickerson

Finding and using symbols can help you visualize, communicate about, and live your purpose.

Whether or not you realize it, you already use symbols to express who you are, and where you feel at home in the world. In this workshop, you will have the chance to select, choose, or discover symbols that can define, motivate, inspire, and communicate about you and your purpose in life. We'll look at historical symbols, sacred symbols, and categories of nature like animals, flowers, and trees – and even include logos, tattoos, and the symbolism of colour! If you participate in this workshop, you'll leave with at least three symbols of your own to integrate into your life and work. For those who wish, we'll get creative with coloured pencils and magazine images to cut for collages. Others may want to use this lab to focus on the specific visual communications about a defined purpose or project.

Authenticity and Purpose - Mironel de Wilde

We will explore what it means to be authentic, to live from our essential center, and how this quality of self-connection can guide us into authentic purpose. This will be an intimate, personal exploration into our values, into authentic choice, and how we can choose to live from a deep inner alignment. We will also touch on the obstacles to authenticity and how we can hold these challenges with great care and compassion to move gently back into alignment.