

Awakening Soul Retreat

*- a six-day transformational journey through
Open Mind and Open Heart to Open Will*

**Facilitated by
Bobby Moore and Rachel Holland**

La Verna Retreat Centre, Franciscan Friary, Rosstown, Co Donegal

Wednesday 8th August 2012 (registration 5.00 pm) **to**
Tuesday 14th August 2012 (1.00 pm)

Remember who we are!

It has been suggested that living life to the full, connected to our deepest values, is our natural state. It is called living with Soul. In these difficult and challenging times, however, many of us have become disillusioned, disheartened and estranged from this source of life through the gradual closing of our Minds, Hearts and Wills.

In an atmosphere of silence, meditation and increased reflexive awareness this fourth annual Awakening Soul Retreat is an opportunity to take the next steps on a transformational journey of immersion in the depths of Soul. We can notice how it is possible to move from judgement towards Acceptance and an Open Mind, from cynicism towards Compassion and an Open Heart and from fear towards Love and an Open Will.

The peaceful setting of the Franciscan Friary at Rosstown, makes the journey from any part of the country, and beyond, well worthwhile. Amid the spectacular surroundings of Donegal's mountains, forests and beaches we have an opportunity to journey with companions, reawaken the inner energies of Soul and remember who we really are. Retreat inputs can be pondered in the light of conversations drawn from the life of Jesus of Nazareth and our own lived experience of Soul as a vital point of connection with the spark of the divine within. This is further enhanced through the powerful support of daily meditation in common and creative visualisations.

I am delighted to be joined on the retreat this year by Rachel Holland who brings a rich experience of practice and teaching in meditation.

The retreat will introduce new perspectives on familiar things and new skills to enhance our active immersion in Soul including:

- ∞ A creative connection to Soul as a profound source of unity in our daily lives
- ∞ A deeper awareness of the attitudes, ways of thinking and habits that estrange us from Soul
- ∞ Specific daily habits or 'tools for transformation' that will help us stay connected with this deepest sense of who we really are as 'bearers of Soul'
- ∞ A new way of engaging our companions in generative conversations with empathic listening that can transform our shared experience of Soul

Dr Robert M Moore

Bobby is a Registered Psychoanalytic Psychotherapist with the Irish Council for Psychotherapy (ICP) and a Certified Group Psychotherapist with the American Group Psychotherapy Association (AGPA). As a self-employed practitioner based in Belfast he currently offers psychotherapy, supervision and organisational consultancy with a particular interest in the development of cross-professional supervision. Over the past 12 years Bobby has worked extensively with Religious, laity and clergy throughout Ireland and internationally. He is Director of the Diploma in Advanced Reflexive Supervision based at the International College for Personal and Professional Development (ICPPD), Athlone. A founding member of the Supervisor's Association of Ireland (SAI), Bobby currently serves on the membership sub-committee.



Dr Rachel Holland

Rachel is a clinical psychologist and has worked most recently in cancer care as Centre Manager for Macmillan Support and Information Centre at Belfast City Hospital and as psychologist in the Maggie's Cancer Caring Centre, Cheltenham. Having trained in meditation practices at the Potala Kadampa Buddhist Centre in Belfast Rachel now teaches meditation in clinical settings offering clear, practical advice on meditation and how to solve daily problems by helping people find a reliable source of happiness. Rachel is known for her ability to present meditation in a simple, practical way, making it easy to put into practice in everyday life and offers clear, practical guidance with warmth, humour and compassion.



To register for the retreat:

Investment for Retreat £250 (€280)

Return the top half of the Application Form below, with deposit, to Bobby

To book accomodation at La Verna:

Meals and accomodation at La Verna €330

Return the botton half of the Application Form with deposit to La Verna

If you would like any further information please contact Bobby at:

☎: 07977000476 or

iCloud email: bobby.moore3@me.com

Awakening Soul Retreat

8th – 14th August 2012

To register for the Retreat

Name:

Address:
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Email Address:

Phone: Mobile:

Please return this section together with a non-refundable
£50 / €70 deposit (made payable to Robert Moore) to

161 Antrim Road, Glengormley, Newtownabbey, Co Antrim. BT36 7QR
APPLICATIONS BY 29TH JUNE 2012



Awakening Soul Retreat

8th – 14th August 2012

To book accomodation and meals at La Verna

Name:

Address:
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Email Address:

Phone: Mobile:

Special requirements (dietary, ground floor accommodation, etc):
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Please return this section together with a non-refundable
€50 deposit (made payable to La Verna Retreat Centre) to

La Verna Retreat Centre, Franciscan Friary, Rossnowlagh, Co Donegal
APPLICATIONS BY 29TH JUNE 2012