

Menla Contemplative Healing

Contemplative healing has its roots in Indian and Tibetan wisdom regarding the nature of sickness, and health. Through precise methods in contemplative healing we learn to:

- ~ Cultivate awareness, clarity, and an experience of inner balance,
- ~ Practice the art of not exhausting ourselves while remaining fully engaged in our professional and personal life. Renew our sense of spark and passion in our work,
- ~ See the healing power in ourselves and in our clients,
- ~ Uncover an empathetic understanding of illness.
- ~ Reduce the negative impact of stress, worry, depression, anxiety and pain,
- ~ Minimize the stress in being a caregiver,
- ~ Listen more attentively to your clients and colleagues,
- ~ Learn to apply mindfulness of body, speech, and mind in our clinical practice and personal life.

Participants

This training is helpful for all people engaged in the healing and caring professions, those who care for chronically ill people, and in particular for those people who engage in their caring with all their heart and have the tendency to overexert themselves and burn out.

The following are further recommendations for participation:

- Participants should have an active interest in improving the relationship between healer and patient. Interest in working with speech and body language play an important role. Medical or caring experience and training is helpful but not required.

Intended Participants: Doctors, Nurses, Social Workers, Naturopaths, Acupuncturists, Psychotherapists, Counselors, Case Managers, Addiction Therapists, Psychologists, Chiropractors, Physical Therapists, Healers, Massage Therapists, all those in the helping professions, caring for their own health, or the health of loved ones.

CME's, CNE's and Contact Hours are offered.

The following skills will be developed in a progressive manner:

- The skill to keep an open heart and a clear mind in difficult situations.
- Precision in perception, in particular the differentiation between pure sense perceptions and concepts and ideas that overlay our perceptions.

Universal and basic principles of the science of mind and mindfulness-awareness training, including cultivation of loving-kindness and compassion for self and others developed over 2500 years within the Buddhist tradition, is combined with modern process work in the clinical and therapeutic environment. The methods that will be presented include:

- Healing meditative and awareness exercises, including perception and cognitive methods, and group work psychology
- Experiential process-oriented methods.
- Application of the science of perception techniques in clinical practice
- Between the seminars, the participants are invited to meet for discussion and exchange in local contemplative healing groups

Menla Faculty

Phil Weber, MD is a Senior Adjunct Faculty at Naropa University. He has served as Clinical Instructor in the Dept. of Family Medicine at the University of Colorado Medical Center, and Medical Consultant to the NIH task force for Alternative Medicine. He has practiced medicine for 30 years and is a Family Physician in private practice in Boulder, Colorado.



Christoph Klöck, MD has been a Family Physician in Germany for 27 years. He received a 3-year training in Medical Psychotherapy at the North Rein Medical Academy in Düsseldorf., Germany, and a 3-year course in Contemplative Psychology.

****Foundation Course: Awareness and the Art of Healing** is a required course prerequisite to the Menla Levels Training. This course is offered October 3-5, 2008.

Level I the Hidden Fear of Health

October 31-November 2, 2008

Discover the sense of balance. It exists in everyone but is often covered over by our concepts of what we think our body should be instead of what our body- intelligence knows. We discover it through four gates: Unfolding of wellbeing, compassion, discriminating analysis and trust. Through this we also discover sickness inducing habitual patterns that prevent us from coming in contact with our basic health.

Level II Touching the Heart of Healing

December 12-14, 2008

We learn methods of working with our fear and pain, and discover our wish to cover up as a spiral of suffering. We also can discover our own sensitivity and tenderness as the driving force for healing. This weekend is especially dedicated to getting in touch with one's own personal experience.

Level III the Threat of Illness

February 20-22, 2009

Understanding the principles and experience of contemplative healing allows us to face the reality of sickness and fear. With this we can experience the causal dynamics of becoming ill in our body and mind. As a process aid we apply the experiential aspects of the three life processes from the Tibetan healing arts.

Level IV Discovering Humor in Healing

May 22-24, 2009

Exploring the mind/body stream of experience from the point of view of the present moment gives rise to intelligence and humor, which has direct relevance to the healing process. Through mindfulness of our experience and perceptions we can reconnect with our own healthy processes.

Level V The Struggle with the Body

June 26-28, 2009

Discovering the power and the depth of our own emotional resistance is the focus for this weekend. This helps us to re-examine the habitual bodily patterns that contribute to becoming ill. Through this we give rise to a discriminating awareness that relaxes these resistances and gives rise to healthy patterns.

Level VI Sickness as a Path

August 14-16, 2009

Every sickness offers us a precious opportunity to gain deeper insights into our own personal body-mind-confusion. Accepting the confusion with humor and clarity is our task. This allows us to take sickness as a path.

Level VII The Inexhaustible Healer

October 30-November 1, 2009

The final weekend will provide us with an overview and practical advice as to how we can sustain a healthy balance in our everyday life.



Name _____

Address _____

Profession _____

Menla Levels _____

Email _____

Amount Paid \$ _____

Phone: (h) _____

(w) _____

Please complete the above registration form with check and mail to the address below.

Menla Holistic Health 35 Nod Road Suite 106 Avon, CT. 06001 860 409 1501 & 860-231-8263

(or visit www.menlatraining.com to register online)

Menla Training

- 5 or 6 Weekends (Friday 7-9 pm , Sat and Sun 9am-5pm)
- 1 or 2 Weekends (Thurs. 7-9 pm, Fri. - Sun. 9am -5 pm)

Menla Training Cost:

\$1,825 – includes \$100 discount if paid in full -with credit hrs
 \$1,650 -- includes \$100 discount if paid in full - w/o credit hrs.
 or pay Deposit: \$500. Reserve your space now.
 \$50 Early Registration Discount by October 6th
 For payment plan, or scholarship, please call 860-231-8263

Information/Registration:

Menla Holistic Health
 35 Nod Road, Suite 106
 Avon, CT. 06001
 860-409-1501, or 860 231-8263
 info@MenlaHolistichealth.com
www.menlaholistichealth.com
 For places to stay, please see our website

Sponsors:

~ This training is sponsored by **Menla Holistic Health**,
 contemplative education in psychology, healing and the arts,
 and **Tara Shedrup** Meditation Center.

~ **Intended Participants:** Medical Doctors, Nurses,
 Social Workers, Therapists, Naturopaths, Acupuncturists,
 Psychotherapists, Counselors, Case Managers,
 Addiction Therapists, Psychologists, Chiropractors,
 Physical Therapists, Energy Healers, Massage Therapists, all
 those in the helping professions, caring for their own health, or
 loved ones who are ill.

*** "This conference has been submitted to St. Francis Hospital and Medical Center for Category 1 credit towards AMA Physician's Recognition Award. St. Francis Hospital and Medical Center is accredited by the Connecticut Medical Society to sponsor continuing medical education for physicians."*

"Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients."

"This continuing nursing education activity has been submitted to the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation."

*** This program has been submitted to the National Association of Social Workers, CT for Continuing Education Credit Hours.*



Menla: The Path of Contemplative Healing

A 12 Month Program
Starting October 2008