

Welcome



Navigating Paths of Transition in Life's Journey

with Jeannie Bowman

G24110301

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Greetings!

I am delighted you have enrolled in Navigating Paths of Transition in Life's Journey. This is a course that will be based on my personal history of transitioning, as well as my current professional practice which focuses on people who are facing transition and change. In the many years as trained educator and spiritual director, my work has centered on people who have experienced a major change – that of debilitating disease through working with cancer patients, those making a major move or change in profession or find themselves in grief over great loss, and clients who are transitioning from working to retired status. Many new issues have begun to surface as we are immersed in fears of pandemic, climate change, and a world of war and hostility.

Our class will incorporate practical and useful strategies for coping, as well as supporting the physical, mental, and spiritual approaches that will be helpful in maneuvering successful passage through these transitions. Sharing our stories will be key to each session's success.

I look forward to your joining me in exploring our past pathways of change, paths that created crises, waiting in the liminal space, and looking forward with hope and expectation to new paths we may encounter. We will be drawing from practices and rituals of the world's wisdom traditions as we continue to face change in a world of unknowns, finding what will be a "new normal."

Feel free to contact me for any questions or concerns you may be experiencing. Please have a writing instrument and journal or paper ready for our class. I am looking forward to meeting new friends and encountering familiar ones as we gather on Sunday, January 28, at Ghost Ranch Retreat Center.

May you find moments of joy and peace until then!

Jeannie

There is a quiet light that shines in every heart. -John O'Donohue
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Responding to the light within.
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