

Healing From Within™ October 14-15, 2010 in NC

Combining Psychology and Spirituality to Heal the Soul

Led by: **Benig Mauger** – For Information see: <http://www.journeyconferences.com/>

*‘An understanding of the transcendent and mystical that is deeply grounded in the psychological is necessary if we are not to get bogged down in the narcissism of ‘woundology’, or swept away by an ungrounded mysticism that promises healing without struggle.’**

Over half a century after Jung, in an increasingly fragmented world, man is still in search of his soul. Despite being told that wholeness and love lie within us, in our ‘quick fix’ society, we often look for answers outside of ourselves and remain trapped in our wounds thus hampering our spiritual growth.

Psychology teaches us that we repeat emotional patterns so that to heal we must revisit the parts of us that have splintered off due to hurt or trauma. The teachings of spirituality, on the other hand, tell us that to find inner peace we must practice forgiveness and acceptance. How do we do this? How do we learn to reconcile our emotional wounding with being able to forgive? How do we heal so that we can practice unconditional love and live in harmony not simply with ourselves, but with others?

Wednesday evening, with her unique way of blending psychology and spirituality, Jungian psychotherapist and author **Benig Mauger** will share how true healing comes from within and how to travel into this profound terrain of the heart.

* From *‘Love in a Time of Broken Heart: Healing From Within’*, by Benig Mauger .

Thursday, using meditation, art, movement and dream work, this experiential workshop will examine how soul patterns, transmitted to us in early life, influence our relationships. It will offer a framework for understanding how these imprints are played out in our lives. Additionally, since the union of the masculine and feminine within is essential to individual spiritual wellbeing, participants will discover how heartbreak can be a sacred initiation leading us to love and compassion. With myth and poetry to illustrate the journey to the Inner Marriage, this workshop will help you heal your heart from wounds you feel have held you back. Identifying your own habitual patterns in relationships will help you balance your male and female energies and recover a sense of your inner wholeness and spiritual purpose.

"Benig Mauger's teaching message and her personal essence are timeless and seamless. The highest ancient wisdom is always of the heart and Benig is a master storyteller, healer and vessel of the soul's traditions. What makes Benig Mauger unique is her ability to be with people in their grief and their humanness. A strong teacher and speaker as well as therapist and writer, Benig is gifted with the ability to provide information while coming directly from the heart. Her work touches participants through a compassionate engagement that allows them to access their own hearts as well.

Benig Mauger www.soul-connections.com is Jungian psychotherapist, poet, speaker and author from Ireland. Well known in her native land and Europe, she now lives part of the year in Florida and is beginning to expand her work in the U.S.

In 1986, she established the Holistic Birth Centre in London and is regarded as a pioneer in pre- and perinatal psychology in recognizing the spiritual aspects of birth and how the birth experience affects the journey through life. Founder member of IAPA (Irish Analytical Psychology Association), Benig later also founded *Soul Connections*, which aims to restore soul to everyday living. She is author of numerous books and articles. Some of which have been published in the USA, Britain, Russia, Germany, Australia and Greece.



