



Spirit Rock

MEDITATION CENTER

## ISP EVENING SERIES



This is a series of dialogues, co-sponsored by the newly formed Institute for Spirituality and Psychology (ISP) and Spirit Rock, that will explore the importance and timeliness of addressing the interface of spirituality and psychotherapy. Historically a rift has existed between spiritual and psychological approaches to change. The dominant theories and practices in psychology have pathologized or ignored spiritual practices and experiences, despite strong evidence that spirituality is important to health and well-being. Yet research has made it increasingly clear that effective psychotherapy needs to encompass the spiritual dimensions of human beings

*All evenings take place in the Spirit Rock Community Meditation Hall.*

*(Please turn over for information about cost and registration.)*

### THE PSYCHOLOGICAL AND SPIRITUAL CHALLENGES OF GETTING OLD

*with Sylvia Boorstein, PhD & Bernice Goldmark, PhD*

WEDNESDAY EVENING, NOVEMBER 8, 7 - 9 PM

Two elders with over 150 years of collective wisdom will dialogue about psychological and spiritual issues in aging. We will look at how dealing with old age, sickness, and death is different at seventy than at forty, and different at eighty than at seventy. How does Dharma Change as we age? Or does it? How do our concepts of "self" and of "relatedness" change with age? Code SP1Eo7.

*Sylvia Boorstein, PhD has been teaching both vipassana and metta meditation since 1985. She is a founding teacher of Spirit Rock, a psychotherapist since 1967, author of 4 books, wife, mother, and grandmother who is particularly interested in seeing daily life as practice.*

*Bernice Goldmark, PhD has been a Professor of Philosophy of Education at Sonoma State University for 28 years and now teaches senior citizens and Intergenerational classes in the Lifelong Learning Programs at the Fromm Institute, USF, and Dominican University. She has also been a licensed Marriage and Family Therapist for 35 years.*

### LEARNING TO DIE BEFORE WE DIE

*Debra Chamberlin-Taylor & Dr. Scott Eberle*

WEDNESDAY EVENING, NOVEMBER 29, 7 - 9 PM

All of us, one day, must die. Many will go kicking and screaming, desperately clinging to the physical body, the precious ego, or both. Others will surrender more gracefully. A few may even release limiting images of self, becoming expansively connected to the divine -- known as 'God,' 'the Ground of Being,' and many other names. Two people, from different but related worlds, will explore the perennial attitudes, principles and practices that can help each of us learn "to die" before we die. Code SP2Eo7.

*Dr. Scott Eberle is a hospice physician who learned the science of medicine at UCSF, and the art of medicine from countless people living and dying with AIDS. He and Meredith Little created the The Practice of Living & Dying, a nature-based curriculum that explores symbolic death and physical death. His book, The Final Crossing: Learning to Die in Order to Live, will be released this fall.*

*Debra Chamberlin-Taylor has been practicing meditation for 30 years and teaches meditation at Spirit Rock. She is a psychotherapist who leads wilderness vision quests and workshops on conscious relationships and death and dying. Through powerful personal experiences and through working with many dying patients, she has learned that death can be a doorway of awakening.*



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### LISTENING FROM THE HEART OF SILENCE: PSYCHOTHERAPY GROUNDED IN NONDUAL WISDOM *with John J. Prendergast, PhD & Ken Bradford, PhD* WEDNESDAY EVENING, DECEMBER 13, 7 - 9 PM

We will explore how nondual awareness arising from a heart of Silence, unsplit between subject and object, is the effortless essence of depth psychotherapy. This will be contrasted with Freud's "evenly hovering attention" and popular characterizations of "present-centeredness." Code SP3E07.

*John J. Prendergast, PhD is an Adjunct Associate Professor of psychology at CIIS, the senior editor of and contributor to The Sacred Mirror: Nondual Wisdom & Psychotherapy (2003) and the co-editor (with Ken Bradford) of Listening from the Heart of Silence: Nondual Wisdom & Psychotherapy, Vol. 2 (forthcoming, 2007). He began a regular meditation practice in 1970, studied with the European Advaita sage Jean Klein between 1983 and 1998, and has been a student of Adyashanti's since 2001. He is in private practice in San Rafael.*

Cost \$60 for the series, Code SP4E07, or \$25 /evening. Register online at [www.spiritrock.org](http://www.spiritrock.org) by finding the calendar listings, or call (415) 488-0164 x 321 to pay with a credit card.

CE hours are available for psychologists, MFTs, LCSWs, and nurses through the co-sponsorship of the Spiritual Competency Resource Center. For complete information visit [www.spiritualcompetency.com](http://www.spiritualcompetency.com) or contact David Lukoff, PhD at (888) 880-2870. Administrative cost is \$25 for the series, \$15 for an individual presentation.

*Ken Bradford, PhD is a psychologist in private practice in Lafayette, an Adjunct Professor at JFKU and CIIS. He integrates Existential and Contemplative approaches to psychotherapy, drawing upon over 30 years of vipassana and dzogchen practice. His recent publications address, "Therapeutic Courage", "The Play of Unconditioned Presence" & "Natural Resilience."*



**Spirit Rock Meditation Center** is dedicated to the teachings of the Buddha as presented in the Theravadan vipassana tradition. The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylong, and residential retreats.