

A Meaning-full Conversation with Dan Millman and Bill Chalmers

Dan Millman is the subject of the recent film *The Way of the Peaceful Warrior* and the keynote speaker at *The Haven's Fourth International Symposium* in Vancouver, B.C., April 13-14, 2007.

Bill Chalmers is the Chairman of the *The Haven Foundation Board*.

Bill: Dan you go back to the early days of the “encounter or human potential movement” and you were a group leader at Esalen — how would you say this “movement” has evolved over the years?

Dan: Human beings have always searched — for meaning, purpose, connection, understanding, happiness — and sought to live a full life. So seeking spirit, and our potential, is not really new. “Self-help” philosophers in ancient times included

Socrates, Plato, Marcus Aurelius, Aristotle, Lao Tzu & Chuang Tzu, Ben Franklin, Thoreau & Emerson, and sages ancient and modern. Have we evolved? — perhaps in some ways; new voices, new expressions. Those who live in developed countries, free from basic survival needs, have the leisure time to search for self-actualization. Esalen Institute was one of our modern retreat centers and gathering places; now there are many. The search changes shape, plays to different melodies, but the symphony is the same, and plays in each heart and mind. I'm only one voice among many, a humble “musician” singing from the heart.

Bill: A related question — what excites you about personal growth and awareness these days?

Dan: Excitement and inspiration wax and

wane, ebb and flow; so I don't base my life on what happens to excite me. Yet I've found great meaning and satisfaction in my calling as a teacher, drawn to support others, to influence, if I can, by example. Each day is fresh, each soul is significant. Long ago I realized that no matter how much I improved myself, only one person benefited; but influencing others brings meaning and purpose to my life.

Bill: Your book (*The Way of the Peaceful Warrior*) is a classic. Did you like the movie in its finished form? What has the response to the Hollywood movie been? Do you imagine the movie will attain the same status in the personal growth world?



Dan Millman

Dan: Adapting a book for film is like turning a painting into a sculpture; changes have to be made. The “Peaceful Warrior” movie covers only the first two-thirds of the book, yet manages to convey some central lessons of the book in a dramatic, sometimes humorous, and often stirring form. I believe the film will become a classic in its niche of “personal growth” cinema, as one of the strongest examples of

good film-making combined with a nourishing and uplifting message.

Bill: Many of us who do work at The Haven find we need to sort of detox from the culture of “victim” out there in the world before we can get down to the deeper aspects of our personal journey — is this your experience in working with people as well?

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Dan: I've addressed practical ways to leave the passive victim mentality behind and step forthrightly into the world, taking responsibility for our choices, and seeing the gifts of adversity. I address this in a number of my books, related to areas of self-worth (in *Everyday Enlightenment*), the Law of Choices (in *The Laws of Spirit*), and other books as well. I intend to make this very, very clear when I present at The Haven Symposium.

Bill: There is much more written and spoken about in the popular culture these days along the theme of spiritual connection. While this is great, one wonders whether some of this is grounded in self-responsibility and human connection. Any thoughts on this?

Dan: One of the central themes of what I call the "peaceful warrior's way" is balance — embracing and integrating apparent opposites such

as East and West, faith and reason, flesh and spirit, work on self and contribution to society. We can have our heads in the clouds, but our feet on the ground, seeking transcendent awareness while practicing compassion in our relationships. "Higher knowledge" may have intrinsic value, but it is wise to ground it in everyday life — the arena of our growth.

Bill: The theme of our upcoming symposium is on "personal leadership in the real world" — how do you respond to this phrase? Some of us see the term "leadership" as taking on a meaning that is very different from the concept of someone in a "role" and being followed because they have the "answers" — what is your take on this?

Dan: "Leadership" is a popular (and safe) term used in the business community and elsewhere. The way I read it, we lead through our own sense of integrity, and influence by

example. The peaceful warrior's way entails a focus on what we do, moment to moment — not just what we know or say. Some people seek the role of leader, the idea of rising above the crowd; but we are the crowd. Sometimes I lead, and sometimes I follow; both are important. Sometimes we reach up for a helping hand, and sometimes we reach back to offer one. Albert Schweitzer said, "In influencing others, example is not the main thing; it is the only thing." Perhaps true leaders don't care about leading; they just do what needs doing, to the best of their ability, and if they do it well, they may blaze new paths of excellence that others wish to follow. This is natural leadership, not role playing or pretense.

Bill: At The Haven we find that doing personal growth work in relationship with another or others is critical to real learning — while silent contemplation has its place,

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we focus a great deal on interaction, vulnerability and intimacy as touchstones for learning. How does this fit with your personal beliefs?

I don't write goals in a book or sit around visualizing outcomes.

Dan: I would agree with your view. Solitude has its place, but in isolation we can get lost in non-relational illusions and subjective experiences that have little bearing to the real challenges of daily life. It is with others, in relationship to others, remaining open, even transparent and humble (seeing ourselves and our foibles in perspective), that we grow. To use your words: vulnerability and intimacy. This is not just my philosophy; this is my experience.

Bill: We've seen some interesting "waves" over the past few decades concerning personal growth, self-responsibility and personal leadership. What do you foresee (we're

asking you to look into your crystal ball here!) as to the trends that might be emerging and potentially "set the world on fire"?

Dan: History unfolds as it will, and making predictions is like throwing pebbles from an airplane — the changing winds will humble us every time. I think we can agree that the energy seems to be building, and the pace accelerating. When energy builds, some people go crazy; others go into bliss states. But like others, I experience a sense of immediacy, even urgency, for waking up, reflecting upon our values, and perhaps shifting our priorities as individuals and nations. Will there be a great awakening when we finally see humanity as one body, and all of us as brothers and sisters? That would be lovely. Meanwhile, the world unfolds.

Bill: Do you have a "legacy" strategy for you and your work? If so, what is it?

Dan: I've lived by faith rather than strategy. I don't write goals in a book or sit around visualizing outcomes. I handle each moment as it comes with as much grace as I can bring to bear. As far as a legacy — well, I remain pleased with the twelve books I've sent out into the world, that each have their own curve, their own destiny, and some may last beyond my life time. My daughters, and grandchildren are also a part of that legacy. I continue to write and to speak where invited. For now, this seems right and sufficient. Every sincere author and speaker must in some sense value their work, and my work may one day stand out as especially clear, practical, realistic, and commonsense. Writers in my genre are map-makers, and each map appears differently; some are more colorful, some fanciful, and some are good guides to the territory of life. This is my goal. Have I succeeded so far? Only time will tell. ☸

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Boundaries, Barriers and Beyond

Linda Nicholls, PhD., Dip.C., M.T.C.

Boundaries, akin to the membrane of each living cell, provide containment for what exists within, differentiation from what lies beyond and a medium through which communication is received and transmitted.

Clarifying personal boundaries can be paradoxical and complex. Daily human 'being' includes facing dilemmas arising from having boundless energy, imagination and creativity at the same time as being bound within the structure of mortal flesh and bone.

Personal boundaries are relational processes occurring in the present: physically, energetically, psychologically and emotionally. Boundary dilemmas include "How do I know what or who is me, and not me?", "What do I want, what don't I want and how do I go about it?", "What, when, where, how, why and with whom do I engage openly or disengage defensively, or say yes or no?"

It is familiar to hear a personal boundary process spoken of as static 'thing,' such as "You crossed my boundary." This language is convenient oversimplification. Although awkward, it would be more accurate to say "As I am 'boundarying' with you, I am thinking, feeling, experiencing, wanting more of, wanting less of ..."

Boundaries

Well-defined boundaries are crucial for living self-responsibly. Consciously engaging in the 'boundarying' process is a courageous path toward graceful living.

A person with healthy boundaries honestly and directly communicates her limits and desires with discretion.

She takes a personal stand by defining her self in dialogue, engaging as an active participant in life — *including awareness, consideration and curiosity for others*. She makes her choices to say, "Yes" or "No" with integrity. Courage is required to follow through on stated boundaries. Consequences are accepted with grace. Boundaries are necessary in order to recognize and experience personal connection — to be present and connected within the "self" in order to recognize being linked with the universe.

Barriers

Sometimes when we think we are engaging our boundaries we are, in fact, erecting barriers.

When faced with the inevitable uncertainties of daily living, a deeper sense of helplessness stirs and we want to grab control as quickly as possible. We look for solid ground by snapping into familiar defenses to gain stability and protection. While such fixation offers temporary relief, we also limit our ability to a) reach out and b) notice and receive what is offered to us, particularly in times of difficulty.

Increased flexibility to operate along the continuum of barriers and boundaries emerges from heightening awareness of where we are fixated, as well as the willingness to transform these fixations. Rather than reacting unconsciously from fear of helplessness, we can access our inner strength to respond clearly. "What is one thing I can think, say or do right now to shift to an alternative?"

In interactions where individuals meet through 'boundarying,' each person is an intentional participant in her own expanding creation 'stories'. As 'self-author', she decides what her

continued on next page...

"As far as we can discern, the sole purpose of human existence is to kindle a light of meaning in the darkness of mere being."

— C. Jung

"Your vision will become clear only when you look into your heart ... Who looks outside, dreams. Who looks inside, awakens."

— C. Jung

Linda Nicholls, Ph.D., M.T.C., Dip.C.

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priorities are and directs her will to act on those priorities. She owns full authority over her life. Writing her own script as she goes along, she directs the plot development and accepts that she can't predict or control what will unfold.

Each of us, in our own way is seeking to experience wholeness and the fulfillment of nourishing connection. Regardless of circumstances we persist in exhibiting resilience and the desire for growth. Several years ago I had the privilege of training with James F.T. Bugental, existential psychotherapist and author, who holds an inspiring reverence for what he calls "the imperative of humans to grow and flourish".

As a youth Jim was with a driveway paving crew — the latest, greatest thing at the time. With painstaking effort they removed all grass, roots, weeds or other plants before pouring the hot, sulfurous asphalt. They soaked

the area with weed-killer, layered sand and gravel on top and compacted everything with heavy rollers. Despite that meticulous effort, they would be called a few months later to repair the driveway. In his seventies and still moved by this story, Jim's voice trembled and his eyes teared as he described the reason they had to keep fixing driveways. "There, after all the poison, after all the effort to destroy the plant life, through all those heavy layers, would be this tiny, green shoot breaking through the asphalt. That is the resilience of the human spirit."

Conclusion

Healthy boundaries provide the frontier of our interconnection with all around us, and the defining container for the naturally expansive, spirited, and unique creature that we each are.

We wind our way through life, facing and engaging the perpetual dilemmas

of choosing growth or protection, saying yes or no, stepping forward or pulling back, opening our hearts or protecting our hearts.

Ongoing development of healthy boundaries nourishes knowing ourselves and being known by others, and connecting with others — even during conflict — yet remaining solid in our sense of "self". Instead of fixating we breathe deeply, acknowledging present reality. Self-responsible choices are rooted in acceptance. Decisions are acted upon with faith in our own strength to live with the consequences. Instead of hoping for change, or relinquishing to circumstances, we actively engage. We openly appreciate ourselves, and those around us. When we are mindful of being congruent in our thoughts, feelings and actions with others, we recognize that we are creating and flourishing with healthy 'boundarying.' ♪

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Matching Gifts... Quite the Pair!

Laurie Kelley and Scott Poole

I have finally reached a goal in my life, to be able to say that I've been going to The Haven for 15 years! Reflecting back on my first Come Alive, I don't think at that time I had any idea how important The Haven would be to me, both then and now. During one of my myriad Come Alive courses, I met Scott Poole. We became fast friends, even though we were separated by thousands of miles. Our relating focused mainly on how we were implementing the learning from The Haven into our daily lives. One day, after we'd both had a succession of unfulfilling relationships and blind dates gone wrong, we decided to try relationship with each other. Our first "date" was 28 days of Phase II: Self and Other. Within 6 months we were married — at The Haven. Eighteen months later we had twins and moved ourselves closer to The Haven (Victoria). In between we attended as many courses together at The Haven as we could!

Scott and I have had a short time together — 5 years. Our time to-

gether has been filled with change at a time when others our age are looking forward to retiring and having an "empty nest". The Haven is the place where we know, in the deepest part of our beings, that we have learned, experienced, loved and been loved, accepted and been accepted. We've had tears, screams, laughter, play and silence. For us, there is no other location where the integrity of connection to self and others is so great; no other place where the range of experience is so broad. Both Scott and I have shifted at a core level because of what we have done at The Haven. Were it not for us choosing The Haven as our place of both growth and respite, we would not have had the courage to meet, to relate, to marry, to have children, and to co-create. We hold a wish that The Haven be available, alive and growing forever so that others can always come for "The Haven Experience" and always be reminded that they can choose a path in life that feeds their souls. We want The Haven to be there for our children and the children of the world.

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make this wish come true. By giving we are enhancing The Haven and creating opportunities for people less fortunate than ourselves to be granted bursaries to attend courses, helping to meet The Haven's daily needs, and building towards improving our facilities for all to enjoy. We searched for a way that we can give of our own resources, and encourage others to do the same. This search has resulted in our Matching Gift offer to you: we will match every dollar that you give to The Haven Foundation up to \$400,000. Our gift sits ready and waiting to match your generosity. Please give with us to this place that we call Home. Help us make our wish come true! ✨

"What this power is, I cannot say. All I know is that it exists... and it becomes available only when you are in that state of mind in which you know exactly what you want... and are fully determined not to quit until you get it."

— Alexander Graham Bell

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The Illusion of Control and the Gift of Presence

David Beckwermert

When I was eight or nine I made a conscious decision to not be over-powered and controlled any more. The original battles for control began between myself and my parents. It started off mentally, progressed to the physical and finally for my heart. My decision and consequent desire to control as much of my life as possible led to my controlling personality, which I subsequently practised with reckless abandon long after it stopped serving me.

It was in the late 1980's, after I had begun my personal work, that I first noticed that I triggered myself whenever I felt a loss of power or control. As I continued to work on my emotional and spiritual development more of the edge came off this dual trigger of power and control.

Let's fast forward to 1997 and Prince's Island Park in Calgary. I was walking with a friend and in the middle of a conversation he asked me, "David, how much of your life do you think you control?" I paused, thought for a minute and said, "Oh about 25%". His immediate response was "You are an arrogant bastard". Slightly taken aback, we walked on in silence, both engaged in our own personal reflections on the subject. Fast forward again to June 8, 2004, when I was riding my motorcycle and a truck in the oncoming lane veered into my lane. A head-on near fatal crash ensued. I consequently spent the next 60 days in the hospital and endured a number of surgeries over the following months, with more possibly to come. I am still rehabilitating now. Through the healing process I have spent much time contemplating the messages from my accident.

On June 8th, 2004 the universe made it crystal clear to me that the notion of control is an illusion that I fantasize about. It took me 38 or 39 years to come full circle from that point when I was eight or nine and decided I would take full control of my life, to the age of 46 when, with certainty, I was gifted with the knowledge that I have no control over the life issues that matter most. I now "get it", on an extremely physical, emotional, mental and spiritual level that I have no control over the significant events that occur in my life. I can exercise a wide range of actions and thoughts with respect to those events, but in less than a heart-beat it was made clear to me that I have no control over impending accidents, life threatening illnesses, my death, the deaths of loved ones or any other life altering event. I am ac-

'Illusion' continues on page 8

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countable for my life, for choosing to be on my motorcycle that June 8th, 2004, but I had no control over the head on crash with a vehicle I didn't see coming. However, I can and did choose many of my responses and reactions with respect to this event.

During the first few days after the accident I drifted in and out of consciousness as a result of the pain, narcotic pain relievers and fear. When I was able to be present I made a number of choices, some of which are as follows; 1) I will not be bitter, regardless of how my life turns out from here. 2) I will not be resentful or angry about the other party who veered into my lane. 3) I have a responsibility with respect to my family to set an example in the face of this significant adversity. I choose to act with courage, integrity, perseverance, and honour, regardless of how fearful I become as it relates to my recovery. 4) I choose to never give up as it relates to my recovery and my life. 5) I will lead a full and passionate life. 6) I choose to follow the spiritual path that is being laid out in front of me.

The comfort and safety I sought from trying to control the people, events and outcomes of my life were from my 8 or 9 year old mind. My awareness at age 9 allowed me to believe I was in control. Now, from a most humble perspective based on a most painful experience, I know and own the notion that control is no more than an illusion. I take myself out of the present moment to be in that illusion and consequently make myself helpless. I am helpless when I am concentrating or focusing on what has happened or might happen in the future. There is no ability to act, no ability to respond with compassion or humour or wisdom if I spend my time not being present.

One of my core beliefs is that I am always in the right place at the right time, and that whatever happens, happens for the best, even if I can't see it at the time. This was one of my first thoughts when I regained consciousness after the accident and it truly tested my belief in full accountability on a level that was far deeper than I had ever experienced before. The notion of being in the right place at the right time, having just run head on into a GMC truck, took more than a little faith and a desire to stay present.

Staying present, and knowing that my healing was most effective when I was in the moment, was one of the major lessons I learned from this accident. When I was in an accountable and loving place, as it related to all aspects of my accident, I believed my healing progressed even quicker. In the hospital, whenever I went to a fearful, bitter or frightened place, the increasing fear came in waves and I became aware that I was no longer present. My desire was to try and regain some semblance of control over any aspect of my life and I was most definitely not succeeding. Even control over basic life functions that I previously took for granted, or at least did not appreciate on the level I do now, was not possible. I thought some control was my God given right, a necessity, and what I found was that control over things that really mattered to me was nothing more than an illusion. I had no control over my bodily functions and fluids, no control over pain, no control the first few hours after the accident over living or dying. What I found was that all I could do was stay present on a moment by moment basis. I initially tried the notion of "one day at a time", but the immense fear of having no control over the rest of my life (would I survive and in what form, would I walk again, would the pain

ever stop, would I be able to play with my children, do I have brain damage), or how I might end up (even a couple of hours from now) immediately became overwhelming and I would render myself non-present.

I agonized for what seemed like many hours about why I could not stay present when I was trying to live the notion of one day at a time. Then it occurred to me that the enormity of my fear was based on the severity of my injuries. I went from one day at a time, to one minute at a time, to one moment at a time because any more than one moment looked insurmountable. What I was left with was "a moment after a moment", which is how I spent the first couple of days after the accident. I could stay present only by staying present every moment and staying present was how I could heal.

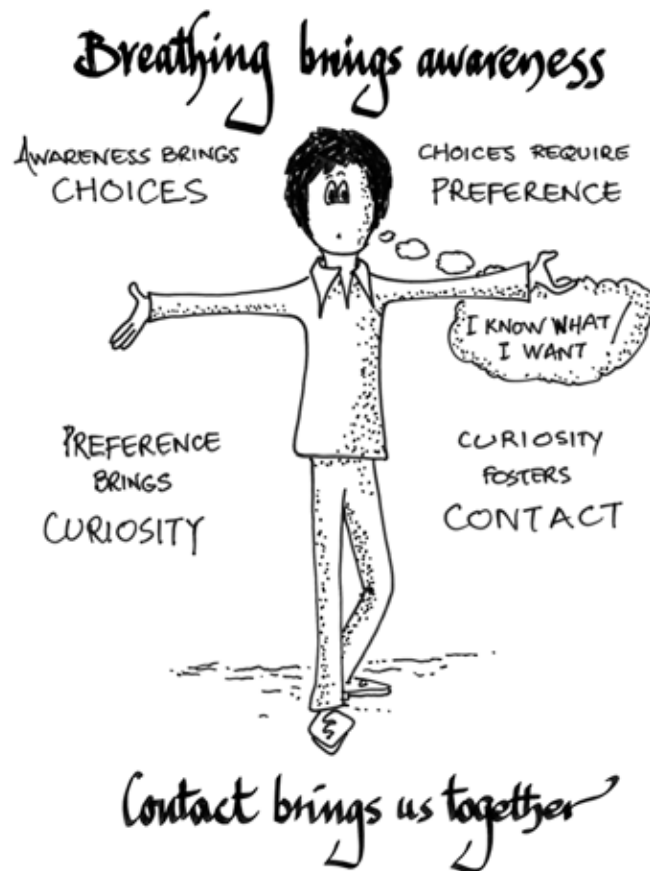
To require a near-fatal accident to get my attention, so that I would choose to move off my control position, clearly shows me how powerful my illusion of control was... how stuck I had become. Even today I catch myself using the illusion of control when I am in a fearful place, a non compassion for me place, a place of less love. I know this to be true because the second I feel I am making decisions from a place of love or high self-esteem I feel no need to have control over any one, any thing, or any situation. When I come from a place of fear I stifle my own growth, opportunities to learn, and connection with others and my self.

It is interesting that less than 24 hours prior to the accident, while meditating, the notion of "Thy Will Be Done" came into my subconscious. I understood this to mean surrender from my perceived need for control and, even more importantly, a core knowing and trusting that a higher power exists for me

and that I have a role to play. I am finally able to see this most interesting balance between knowing that I do not control major events that will transpire in my life, and yet also knowing that I have been blessed with the freedom to choose, and the ability to exercise my will (in the moment) with respect to that which occurs in my life. When I contemplate my life, I can see in many areas the yin and yang, what works and what works better, what is in balance and what is not.

Finally, I see this balance: the balance between knowing that I can exercise my will to live by being present with my thoughts, feelings and actions in this moment, and knowing that control over the next moment is only an illusion...

I am clearer now. ☯



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“Being Personal” and Personalism

Gary Dillon, M.A., received his Masters degree in psychology and theological studies. He brings wide experience in Taoist and Western esoteric transformations of Eros—a renewed and modern vision of sexuality and spirituality moving together. Before relocating to British Columbia he spent ten years in private practice in Seattle, teaching in the areas of improvisation, dance and movement therapy, and psychophysical integration. Here in Canada he continues as an artist in many media.

In this article I wish to say something about the philosophy and practice of “personalism” as the movement by that name has been known and discussed for many decades before the appearance of The Haven on the scene. Secondarily, I wish — all too briefly — to commend the model of empathy and personalism worked out by a favorite of mine, the phenomenologist Edith Stein. Edith

Stein taught in Germany in the 30’s and 40’s of the 20th century, and was lost to the world at Auschwitz. Her very important groundwork is appreciated by many as the enduring relevance and modernity of her insights have been rescued from obscurity.

As a philosophical and sometimes political movement, Personalism dealt with issues and questions also central to the more popularly-known form of European existentialism. Not surprisingly, both have roots in a unified philosophical tradition known, somewhat mysteriously to the non-initiate, as “Phenomenology.”

Personalism can be seen as the effort to do two things. First of all, as an attempt to give coherence and usefulness to the notion of the human Person, and thus to ground common-sense appeals to the “personal”

or “being personal” in a set of consistent principles. Secondly, as a way of talking about the value of person and personal reality that stood outside of the modern political dualism of the private individual versus the collective, or mass society.

As a philosophical influence, I consider Personalism to include the following types or orders of conviction about the human person. First, the notion of subsistence — that only subjects can be persons. That is, only when a person is aware of himself or herself as the subject and unifying center of his or her experiences is he or she actualizing the core of human existence as Person. Secondly, at the center of personality is the capacity to empathize with other persons, to give oneself and receive the gift of another person entirely outside of the range of any possible corruption of communication or objectification. Being a person and

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“being personal” is not self-preservation or self-aggrandizement, but rather self-development and self-giving. “Giving” means exercising talents, effort and response-ability in relationship to other persons. As we will see, this ability to recognize — and connect — with subjectivity in others was given an outstanding expression by Edith Stein. Thirdly, in order to develop this communion or togetherness with others in a normal, straightforward way, dialogue is necessary. Only persons are capable of entering into dialogue, because only persons can perceive and value — be curious about — subjectivity in others. And finally, a person is embodied. As the Personalist Emmanuel Mounier wrote, “‘I exist subjectively,’ and ‘I exist bodily’ are one and the same experience.”

Political debates in mid-20th century Europe were dominated by abstract (impersonal or de-personalized) cat-

egories rooted in the passions of organizational, historical, agitation and propaganda, corporate or elitist desires to dominate outcomes. Whether communist or capitalist, the problem was the manipulation and control of mass movements. The “individual” was sometimes defended, but only as one whose freedom was either to produce things or to own things — a freedom exercised in isolation from relationships with others or any felt duty to stay present for the “shit,” that is, the personal consequences of economic or political decisions. In the midst of a discourse that objectified actual living human beings and corrupted human communication into propaganda, trickery, and idealized images, there appeared a counter-movement called Personalism. This was at the same time a movement of recovery, asking, “How would life look if we placed the requirements of the human person for dignity, truth-

fulness, and self-determination back into the center of value above any and every political consideration?”

Lastly, a few hasty and hopefully tempting glances toward Edith Stein, who thought especially well about “empathy,” or in German *einfühlung*, “in-feeling,” or “feeling into.” To Stein, empathy is a kind of root human capacity, like a bloodhound, to track chains of choice and experience back to their sources in subjectivity. Empathy emerges as the delight of recognition by tracing or following connections where they lead, and no longer to where we might prefer to be led. Out there on this frontier there is recognition and partnership with others, and no longer implacable judgments or demands for agreement or sympathy.

The distinction between “causal sequences” and “motivational

‘Personalism’ continues on page 13

Bodywork^{and more!} at The Haven

Treat yourself to a session with one of The Haven Institute's bodyworkers or avail yourself of our other guest services. All bodyworkers are certified practitioners and have experience with The Haven courses and philosophies. Bodywork is a delightful way to integrate your learnings at a physical level.

For more information or specific body-worker schedules please contact Elfi by telephone (1-877-247-9504) or by email (elfi@sham.ca) or check with reception at The Haven.

Elfi Dillon-Shaw: Massage, Reiki, Cranio-Sacral, Therapeutic Exercises, Body/Mind Awareness classes

Suzanne Partridge: Reflexology and Counselling

Duncan Fraser: Structural Integration, Integrative Cranio-Sacral Bodywork

Leslie Whyte: Jin Shin Do Acupressure, Breathwork, Counselling

Gary Dillon: Lomilomi Hawaiian Bodywork, Transformational Movement Therapy, Counselling

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**Shadow Play
Relationships – Review & Renew
Separation & Loss: Paths To Completion**

Linda Nicholls

'Personalism' continued from page 11

sequences" is crucial to Edith's explanation. "We cannot feel-into a causal connection," she wrote. This is obvious with regard to scientific explanation or description. It is equally true that we cannot feel into the affairs of another person where relational connections are cast in causal terms, that, "he/she made me mad," or "she/he did this and that made me react in such-and-such a way." It is only the revelation of choices that give us a way in, and thus makes empathy possible, allowing us to feel-with another self. Choices are like the garment containing our unique scent, which the bloodhound of spirit can chase all the way back to a true and indubitable source: the personality and sentience of the other person and our relationship together. Self-responsibility is what makes the growth and flourishing of empathy possible. ♫

Lead and Learn The Scaffolding Approach

Denise Goldbeck, MA, Dip.C.

Working with children in the performing arts Denise became interested in developmental psychology and has received her Masters in Development Psychology. Over the last twenty years she has created a method using theatre, dance and music to help children understand their own development.

For the past twenty years I have been helping groups of children of all ages mount their own special send-ups of popular musicals at The Haven. To help children gain insight into their individual developmental processes, I have learned to ensure that the children judge that they themselves own the show. Over the years of leading the groups of children of all ages, I have discovered my greatest joy — teaching leadership skills to youth. I watch in delight as youth leaders gain poise, confidence and remarkable social interaction abili-

ties, all the while experiencing close relationships among themselves as they provide valuable developmental lessons for younger children.

In the beginning, I didn't know how to train the junior leaders. My understanding of what leadership entails was vague at best. Curiously, though, I was having success in my groups. Older children were leading younger children but I didn't understand the process or my part in it. Wanting to be a good leader, I first tried to entice children to follow me. This basic 'follow the leader' method leads to more obedience than growth. Unsatisfied, I tried a slightly more sophisticated approach by trying to be a good model for children. I thought I could 'show' children what to do and how to be and that they would model themselves accordingly. Predictably, trying to be a good model led to attempts at

'Lead and Learn' continues on page 14

Skills 1 & 2 Working with People

For those people involved in

- supervision
- mental health
- addictions counselling

Skills 1: Personality Styles

Explore personality styles using theories from Object Relations and Self Psychology. (Dates TBA)

Skills 2: Group Leadership

Learn how groups bond and design experiences and interventions for common issues.

S2: Nov 18-21, 2007
\$486 (\$441 Earlybird)

Gwen Ewan M.A., RMFT, RCC, Dip.C. is a clinical counsellor with over 30 yrs experience in mental health and addictions.

Gwen Ewan

Wayne Dodge

Wayne T. Dodge M.D., M.P.H., Dip.C. is a family practice physician in Seattle where he is the director of the AIDS program for a large health organization.

Self-Compassion

Making friends with one's self

Are you trying so hard to be who you 'should be' that you have lost track of who you **really** are?

Take three days to discover the humour and joy of self-compassion.

Nov 15-18, 2007
\$466 (\$421 Earlybird)

'Lead and Learn' continued from page 13

perfection that landed me in a morass of self-hate. Eventually I learned that in some important ways I am actually a poor model for children to follow. Yet somehow I was mucking through

Older children were leading younger children but I didn't understand the process or my part in it.

and leading large groups of children successfully, albeit unconsciously. I noticed, too, with some bemusement, that children are generally very intelligent and did not tend to copy me. So why was the group process proving successful? What was happening to support that success, particularly in light of the mixed ages of the children's groups?

The very fact that the groups comprised children of mixed ages finally

gave me the key. A process known as 'scaffolding' was taking place. Interest in this mysterious term has grown over the past few years. The idea is based on Lev Vygotsky's "zone of proximal development" (ZPD). ZPD is the distance between what a person can do with and without help. According to Vygotsky, a teaching and learning event should enable the learners to carry out a task that they wouldn't have been able to manage on their own. The 'scaffold' is the environment that the teacher, or expert, creates – the instructional support.

My insight was that the expert at a given task doesn't have to be a grown-up teacher. Indeed, a grown-up teacher may be unable to scaffold a child, being incapable of putting herself in the position of the child and of understanding the child's

perspective. Despite massive efforts to retain a childlike freshness and innocence, I cannot think like a child and therefore cannot successfully scaffold children at many types of tasks, especially those involving social interaction. I noticed, for instance, that slightly older children were scaffolding slightly younger children, enabling them to manage the participation and culture inherent to Dance and Games for Kids at The Haven. I wasn't leading by example; I was managing and facilitating scaffolding among the

The expert at a given task doesn't have to be a grown-up teacher.

children. An environment that allows children to interact easily with one another despite age, gender and cultural differences is essential for

TWENTY YEARS OF DANCE & GAMES!

DANCE & GAMES FOR KIDS

WITH DENISE GOLDBECK & FRIENDS

2007 DATES

June 30–July 5 July 5–July 10 July 12–July 17
July 17–July 22 July 23–July 28

\$550 (\$475 EARLY BIRD)
PLUS ROOM & BOARD

scaffolding to work. It's also vital to ask the person who can most readily do it to scaffold someone who needs help. Importantly, one must avoid any patronizing of participants in the scaffolding experience.

This became clear a few years back in Phoenix Auditorium when our group of 26 children ranging in age from 4 to 19 years was mounting our specially adapted, lampooned version of 'Oliver!' Small groups of children around the room were working on different sections of the production. Darcie, our most experienced youth leader and I were with one group discussing "a bundle of worldly goods" for Oliver to carry from the workhouse to London. Eight-year-old Sally, playing the part of Oliver, didn't understand what this bundle signified. Listening to the discussion, Ryan, who was nine years old, spontaneously drew in his breath — his eyes widened. He obviously had some understanding of what was involved, yet he fell silent and withdrew. Time for some scaffolding! I pointed out to Darcie that Ryan could make the bundle with her help. I showed her some rags, made rolling motions with my

hands and mimed the approximate size of the bundle. Quickly Darcie took charge and helped Ryan make the bundle while little Sally watched curiously. Earnestly, Ryan tried to tie the rags in a bundle, but it wouldn't hold. Darcie suggested string. Someone produced string and Ryan created the bundle of worldly goods, or 'worldlies', as the bundle came to be known throughout the course of the summer. Satisfied, Ryan presented little Sally with her bundle. "That's all Oliver's stuff, you know", the boy explained. "All?" she asked, mystified. An impromptu, full-group discussion of the significance of the 'worldlies' began. The bundle found its way to the center of the circle, where it was the source of admiration and great puzzlement. The whole group scaffolded each other to the appreciation of a world where this little bundle of rags was all a child possessed. We asked each other, "Would it still be a good world?" The children scaffolded me to realize that there would still be light, air, birds, music, the ocean and people.

Ain't scaffolding grand! ♪

"I am writing to express my sincere appreciation to the donors of The Haven Foundation. I want each donor to know that his/her donation's do reach people in need.

As a parent, and a fiercely independent one, I was humbled and challenged to receive the bursary my children needed in order to attend Denise's Dance and Games for Kids program.

The program, for each of my children, was healing, insightful and challenging. Under Denise's skill and guidance, my children thought they were just having fun. Without The Haven Foundation donors, my children could not have attended the program and that would have been an incredible loss.

I send a huge thank you to the donors who have helped my children to heal their early hurts which in turn frees them to go forward with their hearts a little lighter and their heads held a little higher.

From the bottom of our hearts, thank you."

(Name withheld by request)

out of your body? What body? What sensations? Don't feel anything? Feel too much? In & out of control of your body?

Sensational Contact

How body sensations inform our communication with self and other with Gillian Enright and Jane Olynyk

Join us in learning to:

- Discover your sensations
- Distinguish sensations from emotions
- Expand and contain your range
- Free up habitual patterns
- Ground spirit in body
- Use body sensations to know yourself and make contact with others

Our bodies are a rich source of information, and the more that we inhabit our bodies the more we can tap into this knowledge.

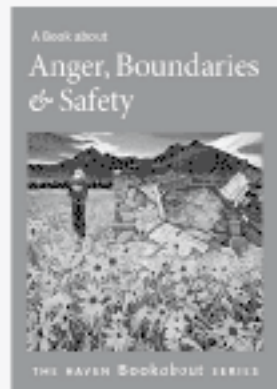
Trouble with boundaries? Going in & out of your body?

Get in touch with your self!

Jun 21-24 2007 \$456 (\$411 earlybird)

Read A Book About It!

At The Haven, we want you to be able to “take-home” more than just your experiences and memories. Our “A Book about” series is one way you can reinforce the learning you have had through some of the courses.



Books by

- Ben Wong & Jock McKeen
- David Raithby & Sandey McCartney
- Joann Peterson

The Haven “A Book about” books are available to purchase separately @ \$16 each or in a set of three, selling for \$42 – a \$6 savings! Order on-line through The Haven store or contact us today at info@haven.ca.



A Rhythmical Dialogue with the Self

A course for

- health care practitioners
- teachers and coaches
- spiritual seekers

“Your body speaks to you in a symphony of rhythms — the drum returns the call.”

with Lyle Povah

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Life After Death Exists! Learn the Truth About Eternal Life!

Explore!

Communicate with spirit.

Awaken your inner abilities

Discover!

Reclaim your birthright

to meet with loved ones,

to understand your heritage

Spirit Communication

July 6–8, 2007 \$349 (\$319 early bird)

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with

Marilyn Rossner, Ph.D., Ed.D.

Co-founder-president of the Spiritual Science Fellowship,

a behavioural and yoga therapist,

a gifted intuitive, medium, educator, psychic.

Transitions

with Maria Gomori and Linda Nicholls

Health

Meanings

for people in (or wanting to make) a life transition

Families

Relationships

Dreams

Expectations

Six days in which to

- identify the resources in your life
- turn your experiences into valuable life-learnings
- explore, accept, and let go of no-longer-useful patterns and habits
- gain insight to how your beliefs have shaped your actions
- use your transformed beliefs to create the realities you want

Awareness

Self-Responsibility

Acknowledgement

Growth

Choice

Acceptance

Congruence

Surrender

Action

JUN 16-22, 2007 \$1021 (\$931 Earlybird)

Note: To fully benefit from this course, participants should have prior experience with Satir and Haven models.

Staying Alive

Staying Alive is an on-going group designed for those people wanting to further explore the ideas and concepts presented at *The Haven*. It offers an opportunity to deepen your awareness of yourself, practice personal and interpersonal skills in a safe environment, and explore such topics as boundaries, clearings, communication, ideal self, anger, loving and relationships.

These facilitators have many years experience leading, assisting, and participating in courses at *The Haven*. Contact a facilitator in your area and learn more about *Staying Alive!*

Gabriola Island	Dianne Anderson & Carole Ames	(250) 247-9265 (250) 247-7545
Nanaimo	Dianne Anderson & Leslie Whyte	(250) 247-9265 (250) 755-9840
Ottawa	Sylvia Edlund	(613) 798-5419
Regina	Monica Milas	(306) 522-3911
Seattle	Bob Owen	(206) 324-3495
Tacoma/Olympia	Wendy Huntington	(253) 588-1687
Vancouver	Cathy Wilder or Linda Nicholls	(604) 738-9133 (604) 738-4675
Victoria	Ian Curtin	(250) 383-4094
Winnipeg	Maria Gomori contact: John Sanger	(204) 889-9640

Getting to know the people on The Haven Foundation Board

By Bill Chalmers

Chairman of The Board, Chair of the Development Committee.



I purposefully wanted to take some space in this issue of Shen to communicate more about The Haven Foundation and even more importantly, for you to be introduced to some of the incredibly talented and dedicated people working as Directors of The Haven Foundation Board. As space here and words in general are limiting, these brief personal statements barely describe the essence and heart of each person. My hope is that you get some idea of each of their personal background, their insights on the future of The Haven and their role in being a volunteer Board Director. I trust that at some point you

get to meet these remarkable people in person.

The Haven Foundation is the not-for-profit parent organization of PD Seminars — The Haven Institute. As members of The Board, we are all accountable for the legal and financial operations of The Haven Institute. Countless hours of work are required in order for our continued success, and on top of their already over-committed and busy lives, the Directors of the Board epitomize the dedication required to help us actualize our Vision.

As Chair of The Board, I am personally championing the implementation of a strategy that will support The Haven's global outreach programs. I see us "known" throughout the global community in diverse cultural and corporate arenas. I feel proud to be a small player in an

amazing group of people who are involved in transforming lives and living out dreams.

For me, The Haven's underlying philosophy, which emphasizes the discovery of the "authentic self," "relationship" and "self-responsibility," represent the heartbeat of this magnificent place. Being at The Haven has encouraged me to know myself better and to be the best "me" I can be. In full support of The Haven's Values, Vision and Mission, I participate joyfully in an ongoing effort to continue The Haven's legacy, so that future generations also experience this "way of being".

The metamorphosis underway at The Haven is a compilation and distillation of "many hearts and souls". From volunteers, to donors, to staff, to interns, to faculty and to the Board Directors — all are

If You Really Loved Me...

A course for couples

with Michele & Bud Baldwin

- ◇ understanding the logic of love and emotion
- ◇ identifying styles of behaviour demonstrated while under stress
- ◇ increasing communication skills
- ◇ delineating dirty from fair fighting
- ◇ use of conflict resolution skills
- ◇ identifying hidden expectations ("You should know...")
- ◇ understanding of the triune brain/emotional memory

July 28 - August 3, 2007
\$862 (\$772 Earlybird)

participating as fully as possible to build a strong “today” for a powerful and effective “tomorrow”.

Steve Davis, Ph.D., Board Director,



Since I first met Ben Wong & Jock McKeen in 1978 my life has changed repeatedly and each time for the better. My appreciation for The Haven and its offerings is beyond words, and so “paying it forward” by being a Director of the Board is a much cherished privilege. In considering the future, transformation seems critical for The Haven to thrive. Our willingness as Directors to be present and personal with each other is essential for co-creating the future Haven. My passion is to participate in this co-creating, bringing all my professional and personal gifts to bear in the process.

Mark Gunderson, Q.C., Board Director, Member of the Development Committee, Chair of the Governance Committee



I live in a log cabin on a lake outside Edmonton with my partner of 29 years and our 4 English setters. We live a wonderful life. I practiced law for 30 years and got my Queen’s Counsel designation in 1996. I have business interests in Edmonton, Alberta and British Columbia. I have worked on for-profit and not-for-profit Boards for many years. The higher calling is doing seemingly something for seemingly nothing. I do not specifically know or care about why I am doing what I am doing at The Haven other than to say that I want to make a difference for a group of people that I care about — other participants.

Laurie Kelley, M.Ed., Board Director, Member of the Development Committee, Member of the Governance Committee



I was Executive Director of Preventive Medicine in a nonprofit hospital for 15 years and have served on six charitable boards. I live in Victoria, BC, and share my life passions with my husband Scott Poole, in both supporting The Haven and raising our twins. Fifteen years of attending Haven courses has inspired me to pursue my dreams and engage fully in intentional living. At present, I serve as a Director on The Board with appreciation and gratitude. I also work on the Governance and Development committees, encouraging professional integrity and accountability while promoting our Vision and Mission Statements. My vision is for The Haven to exist in perpetuity.

Get Shen On-line!

Did you know that Shen is available on-line on The Haven website? It can be both viewed as a web page and a full print version.

For future Shen issues, please let us know if you would rather receive an email with a web link to a downloadable and printable version vs. receiving a printed copy by snail mail. To make this happen, please email us at shen@haven.ca with “I want the Shen via email” as your subject line and include your full name in the email body. Many thanks for helping us conserve!

‘Board’ continues on page 20

The Haven Legacy Circle

The Haven is an exceptional educational learning centre. Through the generosity of alumni, The Haven Foundation is able to grant bursaries, improve education facilities and build a lasting future.

A bequest in your will or a ‘planned giving’ donation is an important way to help The Haven Foundation. Legacy gifts of caring are permanently celebrated in The Haven Legacy Circle. Ask your financial or estate planning advisor about charitable and planned giving. Your thoughtful memory could make a difference in the lives that follow.

To learn more about the Legacy Circle please contact:

The Haven Legacy Circle
Tel: 1-877-247-9238 ext 238
Email: development@haven.ca

'Board' continued from page 19

Connie Munro, BA, LLB, Board Director, Chair of the Education Committee



I arrived at The Haven in 1996, wanting to spend some time considering how I would live the second half of my life. I could not have anticipated the major shift in my worldview that occurred. My participation on The Haven Board is my way of giving back to a place that has been a source of knowledge and inspiration in my personal journey. As Chairperson of the Education Committee, I am passionate about seeing The Haven positioned on the leading edge of personal growth work. I have retired and am raising my daughter Linnea, with my partner, Peter Joyes. I am currently writing my Master's thesis in Religious Studies.

Linda Lee Nicholls, Ph.D., Dip.C., M.T.C., Board Director, Member of the Standards and Practice Committee, Core Faculty



The individualized growth and development opportunities that The Haven offers for participants to experience personal liberation through discovery

of their resources to live relational, self-responsible lives are unequalled. Participants utilize what they learn at Haven to make a difference in their families, their workplaces, their communities and beyond. My long-time association with The Haven Institute, as Core Faculty and now as a Foundation Board Director allows me to inspire, guide and ensure that The Haven's contribution continues to grow.

David Raithby, M.Ed., R.S.W., Dip.C., Board Director, Member of the Standards and Practice Committee, Core Faculty



I have worked with people for 35 years as a therapist, consultant and group leader valuing honesty, compassion and inclusive relating. I have been involved with The Haven since 1980 as a participant, intern, leader and now as a Board Director. I live in Nanaimo, B.C. with Sandey and our two daughters. For me, The Haven is an oasis that offers the possibility of re-discovering oneself, relating meaningfully with others, and fulfilling both individual and collective potential. I have a deep appreciation for the dedication, courage and selflessness of all those involved in this worthy project.

Paul Robillard, Vice Chair of The Board, Chair of the Facilities Committee, Member of the Audit & Finance Committee.



I have found my inspiration and a personal sense of validation at The Haven in the concept of personal responsibility. This is an uncommon idea in the world today and The Haven is a torchbearer for this concept in a world sadly needing it. As an Advisory and Board Director for five years now, I have been very involved in the work to move The Haven to the place of a sustainable non-profit that belongs to no-one and everyone at the same time. We are all learning about this challenge as we proceed into a future that I believe holds great promise for The Haven.

Dave Tyler, IPFA, CNHP, Board Director, Chair of the Audit & Finance Committee



I have spent my career working internationally as a trainer, consultant, manager and accountant. The Haven helped me get back to full health after a stroke and make a great new life full of adventure and much richer relationships. It's a great place because of the dedication of past and present

Learn to:

- take your self-exploration seriously, using practical tools for self-development
- create Body/Mind/Spirit integration
- use Zen based focus techniques to bring about peace and stillness
- implement effective Breath and Bodywork techniques to move Qi, dismantle blocks, and bring healing

Wayne C. Allen's

SIMPLE PRESENCE

Mar.09-Mar.12, 2007 Tuition: (\$396.00) \$441.00
Aug.28-Aug.31, 2007 Tuition: (\$396.00) \$441.00

leaders, faculty and staff. Haven is all about people and building relationships, not only with others, but also with myself. I think The Haven will continue to be a major focus for personal growth by developing existing and new programs, attracting great leaders and growing participation.

Friends of Haven Foundation (U.S.) Board of Directors

Ron Adkins, Board Director, Friends of Haven (U.S.)



After twenty years as a college professor and administrator, and nearly twenty more as a personal financial advisor, Jeanette and I are thoroughly enjoying retirement. Contrary to what some say, I don't believe The Haven is for everyone, just the 100,000,000 North Americans who haven't yet enrolled. I respect their hesitancy; I had multiple invitations over three years. Why the delay? I didn't feel broken and in need of repair. I learned "fixing the broken" wasn't what The Haven was about. I discovered I did have

self-limiting beliefs, that I could improve my communication skills and, as a result, enjoy better relationships. Thank you, Haven! I'm happy to make a monthly contribution to your future.

Bryan Croeni, AIA, NCARB, LEEDAP, M.Arch., Board Director, Friends of Haven (U.S.), Member of the Facilities Committee



I live in Seattle with my wife Susa. I work and practice in the strategies and planning group of a Seattle-based global architecture firm. For me, the offer of The Haven is self-awareness and the opportunity to begin and sustain the process of fully inhabiting one's life. In this, I find inspiration to continue my personal growth, which now includes interning The Haven's courses. I serve on the Friends of Haven Board (U.S.) and also contribute professional expertise as a member of the Facilities Committee, beginning to support in "bricks and mortar" The Haven's renewal and transformation.

Executive Director

Rick Jackson, Dip.C., M.T.C., Board Director, Executive Director, Core Faculty, Member of the Education Committee and the Development Committee



When I first walked on The Haven property in 1990 I recall thinking that everything my soul needed for its nourishment could be found here. My ego was gently upstaged by nature as I gazed out across the water witnessing the beauty of this island. At some deep place there was a "knowing" about myself and about life that started to stir — and it has continued. The Haven can and must change as the world has changed. I want there to be a place always like this where people can gather to explore and learn about themselves and about one another. The world needs this — now especially. ♯

Many thanks to Peter Joyes for his cartoon (p. 9) and calligraphy (below).

"Each of us emerges as a bud
on a universal spiritual tree.
That tree links all human beings
through its roots."



HEARD AT A
HAVEN INSTITUTE
PROGRAM

VIRGINIA SATIR

What I learned at The Haven...

I am in awe of the learning, caring, courage and joy I experienced with you. What a gift — to me, my friends and family. Thank you.

I have learned...

That it was the longest climb I've ever undertaken (willingly), AND afforded the clearest view of my past and how I want to be in the future.

To feel less comfortable with what I think and know, AND more comfortable with what I don't.

That I have an enormous capacity to love, AND realize that space was carved out of great sorrow.

That the greatest measure of a person is not what they do for others, but how they care and live true to themselves.

That my "docks", although in shallow water, are not so black and white anymore, AND in fact, hold some good memories too.

*Love,
Andrew 神*

I live in Whitehorse in the Yukon where today is -32 degrees, but I'm not cold, I'm sitting in front of a blazing fire, in my log home, thinking about my experiences at The Haven and that keeps me warm.

I have learned...

Being at The Haven has taught me many things; my goal for coming was that I wanted to love my family better... to love better period.

I learned that in order to do this I need to free up space; I need to get rid of and let go of old energy that has been in my body for my whole lifetime.

I learned how to make more room inside.

I learned that I can do this at any time of day or night.

I learned that I can do one piece at a time, according to what I can handle; I learned that I can do it with love and not hate.

I learned that I harbour a lot of self hate.

I learned that awareness plus action equal change and this is the key.

I learned that I have the key.

I learned that in order to love my family better I need to love myself first.

I learned that the instructors at The Haven have astounding depth of compassion and that their gifts enabled me to move forward and free space inside of me.

I learned that there is no right or wrong.

I learned that compassion can grow inside me and it can nurture and love me until others are able.

I learned I am not alone — what a blessing!

I learned that I can make changes in my life, one day at a time and taking it piece by piece.

I learned to look closely at how I judge others and myself and my process of making assumptions.

I learned to feel some of my fears and walk through them to face them.

I learned that the other participants at The Haven allowed me to practice my boundaries in a healthy way and to address deep fears and feel safe while doing so.

I learned I want to go back and learn more.

I learned that as scary as it may be to make more room, I have a thirst and desire for more.

I learned that I am worthy of the gift of self-knowledge and continued wellness.

In healing and love,

Deb 神

*There is a special event that happens over and over... someone comes to **Come Alive** for the first time!*

*There is another special event that happens over and over... someone comes to **Come Alive** again!*

*Each time, for each person, in each **Come Alive**, there is an opportunity to be, and to be with another; to be curious, to wonder, to discover, to*

Come Alive!

*...again, and again, and again
See **ww***

**Joann
Peterson**

has lived a
lifetime of
seeking,
discovering,
learning and
sharing.

Her clinical
expertise has
been developed
over 40-plus
years in private
and group
practice,
educational
mentoring, and
more recently as
author of the
acclaimed
"Anger,
Boundaries &
Safety".

Her professional
training, in
tandem with a
willingness to
immerse herself
in the humanness
of connecting,
has been the
cornerstone of
every course she
has developed,
led, and co-led.

2007 Courses with Joann

Anger, Boundaries & Safety

This three-day course combines concepts, discussion and experiential learning about anger. Skills are learned to create safety and define personal limits, understand the distinction between anger and violence and express anger safely, responsibly and effectively.

Mar 29–Apr 1, Aug 3–6, Nov 15–18, 2007 \$501 (Earlybird \$456)

Disengaging Depression (with Judy Lemon)

A five-day educational and experiential course offering opportunities to look at personal belief systems that support depression, mobilize breath and energy, access feelings and creativity, and enjoy the pleasure of body movement.

Mar 9–14, Oct 5–10, 2007 \$745 (Earlybird \$670)

Effective Boundaries (with Wendy Huntington)

Learn to define and articulate boundaries in this three-day course focused on choiceful living, saying "Yes" and "No", and strengthening the capacity to step out from behind deadening walls and roles to experience full-life energy.

Mar 22–25, Sep 27–30, 2007 \$501 (Earlybird \$456)

Practicum 1 (with Wendy Huntington & Ernie McNally)

This "hands-on" course for trainees and counsellors focuses on skill development to create greater ease and dimension in leading personal work using various forms of Gestalt techniques. In addition, music selection plus use in group settings, and assessment and management of clinical emergencies is taught.

May 17–20, 2007 \$541 (\$496 earlybird)

Separation and Loss (with Linda Nicholls)

All of life contains experiences of attachment and separation. Every transition in life, however growth promoting or painful, involves leaving something behind. Using creativity, sharing, and ritual you will learn to grieve fully and move through transitions in a self-responsible manner.

Apr 20–22, 2007 \$399 (Earlybird \$369)

Women & Sexuality (with Peggy Merlin)

Discover, re-awaken, examine... pathways to pleasure, personal beliefs, judgments, and decisions about you and your sexuality.

Jul 19–22, 2007 \$501 (Earlybird \$456)

Working With Power Struggle (with Cathy & Ernie McNally)

Furthering the understanding of the distinction between anger and violence, this course gives participants a safe forum in which to define the nature of their struggles, both individually and in relationship, and apply anger expression.

2007 Dates TBA

Blending Two Families? Poor Communications? An Affair? Extreme Frustration? All Work & No Play?

COUPLES IN CONFLICT

Whether you decide to stay together or not you can learn —

- Skills for dealing with anger and conflict and how to rebuild goodwill.
- How to regard each other with dignity and respect.
- How to avoid making the same mistakes again.

This course is effective because —

- Couples work together as a pair with privacy respected.
- Each couple has a private counselling session to deal with your particular issues.
- Course registration is kept small. You develop a sense of safety quickly.
- The leader is easily available to you. You get individualized attention.

Why spend time and money when you may not stay together?

- What you don't work out in your present relationship you are doomed to repeat in the next one.
- If you stay together, you move through your difficulties more quickly, with dignity and respect.
- If you decide to separate, you can do it with your self-esteem intact.
- If you have children, you can teach them how to deal with some painful aspects of life.

*with Judy Sellner,
Ph.D., Dip.C.*

Upcoming Dates

Feb 16-18, 2007

Mar 23-25, 2007

May 18-20, 2007

Jun 22-24, 2007

Aug 17-19, 2007

Oct 19-21, 2007

Nov 23-25, 2007

\$459 (\$429 early bird)

You will not be told whether you "should" stay together or not. Only you can make that decision!

Adventures in

CONSCIOUSNESS

A Flying School for the Mind

with **LEE
PULOS**, Ph.D

In this exciting and provocative experiential course, participants will learn self-hypnosis as the basic tool to explore different octaves of consciousness.

LEARN

- how to develop and expand intuition
- automatic writing
- psychometry
- former personalities
- remote viewing

See a mind-expanding slide presentation and discussion of non-ordinary psychic healing practices in Brazil, the Philippines, and Mexico.

Visit www.haven.ca to learn about

The Biology of Empowerment: How to Re-Educate and Re-Program Your Subconscious for Success

Aug 24-26 2007 \$399 (\$369 Earlybird)

You always get what you want — which may not be what you are asking for.

Specific techniques will be taught to identify and change limiting beliefs which can sabotage personal growth, prosperity, relationships and healing.

All of the above will be offered with brief lecturettes and a theoretical model from leading physicists to integrate what has been referred to as the paranormal — but more aptly the Para-conceptual into our everyday reality.

Apr 20-22 2007 \$399 (\$369 Earlybird)

Personally Speaking

Bennet Wong & Jock McKeen

We are well, and busy (what else is new?). After so many years at Haven working at all levels of the operation, we have been feeling a new freedom as we watch the Institute steer its own course. We are now entering a new phase of our teaching, which is taking us farther afield. As we have gradually diminished our workshops at Haven, we have been doing more work outside of Canada. We were in China and Thailand earlier this year, and now we just finished a month in Latin America. Next year will take us to China, Russia, back to Latin America, and places in Africa. This retirement thing is a myth!

In June, we taught the first of two ten-day modules for a new program "Harmony: East-West Integration." For us, this was a most stimulating and rewarding experience. We have been working with Asian people for decades, and we have been thinking about the relationship of east and west as we continue to develop our cosmology. The program in Beijing was very stimulating, with 60 very intelligent and eager participants. In our sessions, we discovered more deeply that the Chinese people learn

in a different fashion than their western counterparts. After centuries of learning in a Confucian style, Chinese people want to know the motive for any presentation, up front. This is quite different than the western audiences, who are ready for our usual Socratic approach. We at first were puzzled by the constant question, "Why are you telling us this?" But, when we learned to answer the question openly and plainly, we were amazed at the depth and rapidity of the Chinese people's synthesis of the ideas. In the west, participants are ready to synthesize the structure for themselves; for the Asian mind, if the structure is presented at the beginning, they can learn the entire subject in astonishing speed. Ben said that he has never seen a group address his ideas about Freud with such practical assimilation. This comparison between the Confucian and the Socratic methods of teaching has prompted us to consider another book, probably to be published first in Chinese. We are at work on this book, which will be based on our presentations in the two modules of "Harmony: East-West Integration." We anticipate that this will be a large book that will not be ready for several years.

We are working with a large telecommunications company from China (50,000 employees in 130 countries worldwide) and the Dean of their university, Yafang Sun is training at Haven. Yafang has a vision of using business to spread love and connection around the world, and she has invited us to help her do it. We just returned from a four-week trip to Latin America. We taught in Peru and Brazil, and had trips to Galapagos, Ecuador and Cuba. This was a very rich time for us, on many levels. We were accompanied by Sean Feng from China, who provided Chinese translation (many of the employees of the company are Chinese speaking).

On the professional level, we enjoyed the opportunity to work with Hua Wei Company in helping them incorporate many Haven principles into their corporate environment. This is a truly caring business. We are excited to work with them in this process. Yafang wrote this after our trip, "You bring a fresh, green wind to Latin America. They are learning to see our world in a new way. This process is opening the invisible wall between Chinese and Latin America people; this new view and the cross-culture connection could bring a big

'Personally' continues on page 26

Healing Stitches

with Mary Sullivan Holdgrafer & Wendy Huntington

Advance your creative process, confront your fears, unblock your imagination and learn to live more creatively.

In confronting the stimulating work of creating, you will set in motion a more original and inspiring life.

Your Art
imitates your Life!

This exciting course is filled with creative experiences that will challenge and inspire you.

June 3-8, 2007
\$679 (Earlybird \$604)

'Personally' continued from page 25

change to our team. We could see this new view unfolding step by step [in the workshops].”

In the political realm, we were fascinated to observe the relationship between communism and capitalism. We have been watching with great interest as the left wing politics of the southern hemisphere are challenging our assumptions and world view. The Latin American countries are embracing the notions of Bolivar, who embraced a notion of unity amongst the different regions. When we were in Cuba, we were privileged to dine with the Chinese Ambassador to Cuba (a most urbane and scholarly man) and had very open and stimulating discussions of a human philosophy of life. We also met a high ranking Cuban government official, and attended a meeting hosted by him. We gained a deep insight into the politics of the communist state there.

On the personal level, we had so many explorations of the remarkable people and places of Latin America. We swam with tortoises in the Galapagos Islands, climbed at Machu Picchu, flew over the Andes in a small plane and saw the extraordinary Nasca Lines. We took salsa lessons in Cuba, and our beautiful teacher only had eyes for Ben! She pronounced that he was the best student, and told us all that we should look to “my boyfriend Ben” for the right moves. Jock and the others in the class were eclipsed totally by her unabashed admiration of his rhythm and moves!

We both have been working with our Chinese associates to translate poems from *As It Is in Heaven* into Chinese. We had several working sessions on this trip, and the air was electric with ideas and philosophy, and very feelingful sharing. It was a very fulfilling time as we all

struggled to reach across the barriers between languages to find common understanding. It was a spiritual interlude, and many tears were shed during the sessions. The Cuban people in the hotel were very touched by our candour as we worked on these poems in a public lounge, and embraced us to share in the atmosphere.

We are active in other areas too. A new Chinese translation of *The New Manual For Life* will be released in March in Taiwan, and simplified Chinese versions of several of our other books are scheduled for publication in Mainland China in 2007. We are also beginning to work on a Spanish translation of *Health and Happiness*.

In the midst of all our preparations for travel and teaching, Ben is digitizing all our old vinyl records (about 1000 of them) and recording

Student Room Rates

Tuition fees for courses at The Haven are split out from the meals and accommodation. To determine the total cost of a course, take the tuition fee and add a room charge based on the appropriate per-night room-and-board fee. If the course you choose bridges across two seasons you pay the lower of the two rates. Prices are shown in Canadian dollars and do not include GST.

Course Dates	Season
Jan 1–Jan 7	Mid-Season
Jan 8–Feb 14	Low Season
Feb 15–Jun 14	Mid-Season
Jun 15–Aug 31	Peak Season
Sep 1–Nov 14	Mid-Season
Nov 15–Dec 23	Low Season
Dec 27–Dec 31	Mid-Season

Room Style	2007 Season		
	Peak	Mid	Low
Student	\$67.95	\$61.95	\$56.95
Standard	\$79.95	\$72.95	\$65.95
Premium	\$89.95	\$80.95	\$72.95

Room rates are shown in Canadian dollars and do not include GST or Hotel tax. Prices are based on shared occupancy and include meals. Please visit our web site for more information on room and board rates and/or call The Haven Registrar at 1-877-247-9238, ext. 234.

Example: Imagine you want to attend *Come Alive*, with an earlybird tuition of \$630. If you decide to come during mid-season (March 1-6) and select a shared premium room your meals and accommodation will be \$364.75 for the five nights, and with the course fee your total cost would be \$994.75. Alternatively, you can come in low season, stay in a shared student room and pay only \$914.75. Rates do not include taxes.

them to CD's. This is a mammoth project that will likely take a couple of years to finish.

Jock recently took the notion into his head that having turned 60, he feels very well, and he has decided to shoot for an extreme life time. Jock said "I thought, I want to see the year 2100 ... so, I'll have to live to be 154. It's my target now." Ben of course, is wryly amused by all this ambitious and outrageous thought. He smiles benignly on Jock's brash enthusiasm.

When he turned 60 this past October, Jock volunteered that he is finally "ready to listen to the will of heaven." However, he still is embracing the cult of youth, and refuses to yield to time's pressures. During our 36 years together in relationship, we have been more and more aware of this saying of Confucius:

*At fifteen, I set my heart on learning.
At thirty, I was firmly established.
At forty, I had no more doubts.
At fifty, I began to glimpse the will of heaven.
At sixty, I was ready to listen.
At seventy, I could follow my heart's desire, and never transgress the flow of the universe.*

Jock says, "For Ben and me, this saying has matched our path together. Of course, being the younger in our partnership, I have the benefit of observing Ben, who is 16 years older, as he proceeds through these stages. At 76, Ben is indeed following his heart's desire, with grace and eloquence."

Jock continues, "I have watched as my earnestness of my thirties changed into less and less doubt in my forties, and in my fifties, I have been experiencing inklings of the

intelligence of the universe at work. For me, the past decade has been full of 'glimpses' — about calming down, becoming more concentrated and less field pleasing. I have been studying dance (mostly ballet) for this entire decade, and I have learned so much. Now I am sixty, and I am indeed ready to listen. I have much less to prove, and my heart feels full with my life and love."

We feel so privileged to have our life together, and to be able to share our thoughts and feelings with so many people. Now, reaching beyond Canada's borders more extensively, we are growing in our appreciation of the worldwide human community. We appreciate our roots of connection which are so firmly established at Haven, and it is a rich experience to share these feelings with so many new and old friends from near and far. ☸

Creative Writing

with Ellery Littleton

Writing for Life

Writing for Life is a subtle, powerful approach to writing about your life with feeling, awareness and creative excitement. Through this essentially meditative, spiritual journaling process, your "personal myth" begins to emerge with dramatic clarity, and you will find that your most important teacher and spiritual advisor is, in fact, yourself.

Weekend: Mar 9–11/07, 2007 — \$309 (\$279 Earlybird)
4-Day INTENSIVE: Nov 2–6/07 — \$608 (\$548 Earlybird)

From Memory to Memoir

This course provides a creative approach to the writing of memoirs. Through guided visualizations and structured exercises, participants are offered opportunities to reclaim precious moments of personal history and transform them into an intimate narrative. There are many good reasons to write memoirs, including exploring personal identity, clarifying the purpose and meaning of our lives, and writing for posterity (remembering so we don't forget).

June 22–24/07 — \$309 (\$279 Earlybird)

"The journal is my friend with whom I am most at home, the place of survival, of catharsis, of transition, of healing"

— Marion Woodman,
Jungian analyst and author

"I was gathering images all my life, storing them away, and forgetting them. Somehow I had to send myself back, with words as catalysts, to open the memories and see what they had to offer"

— Ray Bradbury

The Haven Institute Schedule 2007

Book Early & Save! By registering and paying in full a minimum 2 weeks in advance you can take advantage of the **Earlybird Discount**, indicated below in brackets to the left of the full course fee. **Plan Ahead, Pay Less—It's That Simple!**

2007	TUITION (room & meals extra)	2007	TUITION (room & meals extra)
Jan 01-Jan 06	Come Alive (Nicholls, Raithby).....(630) 705	Jan 15-Jun 29	Mandarin Mini Phase (Core Faculty).....(2393) 2603
Jan 01-Jan 06	Come Alive Intern (Nicholls, Raithby).....(315) 390	Jan 16-Jun 22	Transitions (Gomori, Nicholls).....(931) 1021
Jan 19-Jan 24	Come Alive II (Nicholls, Raithby).....(720) 795	Jan 21-Jun 24	Sensational Contact (Olynyk, Enright).....(411) 456
Jan 21-Jan 26	Come Alive (Ewan, Dodge).....(630) 705	Jan 22-Jun 24	Couples in Conflict (Sellner).....(429) 459
Jan 21-Jan 26	Come Alive Intern (Ewan, Dodge).....(315) 390	Jan 22-Jun 24	From Memory to Memoir (Littleton.E).....(279) 309
Jan 26-Jan 31	Intuitive Edge Intensive (Winklemans).....(650) 725	Jan 29-Jun 30	Mandarin Reflections (McKeen, Wong.B).....(182) 197
Feb 09-Feb 12	Passion for Couples (Raithby, McCartney).....(426) 471	Jan 30-Jul 05	Dance and Games for Kids (Goldbeck).....(475) 550
Feb 09-Mar 06	Phase I Self-Compassion (Peterson, Holt).....(2089) 2464	Jul 01-Jul 06	Come Alive (Jackson, Holt).....(630) 705
Feb 09-Mar 06	Phase I Intern (Peterson, Holt).....(1045) 1420	Jul 01-Jul 06	Come Alive Intern (Jackson, Holt).....(315) 390
Feb 09-Feb 21	Phase I, Part A (Peterson, Holt).....(1108) 1288	Jul 05-Jul 10	Dance and Games for Kids (Goldbeck).....(475) 550
Feb 09-Feb 21	Phase I, Part A Intern (Peterson, Holt).....(544) 734	Jul 06-Jul 08	Spirit Communication (Rossner).....(319) 349
Feb 11-Feb 16	Come Alive (Huntington, Olynyk).....(630) 705	Jul 07-Aug 01	Phase I Self-Compassion (Ewan, Dodge).....(2089) 2464
Feb 11-Feb 16	Come Alive Intern (Huntington, Olynyk).....(315) 390	Jul 07-Aug 01	Phase I Intern (Dodge, Ewan).....(1045) 1420
Feb 16-Feb 18	Couples in Conflict (Sellner).....(429) 459	Jul 07-Jul 19	Phase I, Part A (Ewan, Dodge).....(1108) 1288
Feb 16-Feb 19	Shadow Play (Nicholls).....(406) 451	Jul 07-Jul 19	Phase I, Part A Intern (Ewan, Dodge).....(554) 734
Feb 22-Mar 06	Phase I, Part B (Peterson, Holt).....(1108) 1288	Jul 08-Jul 10	Spirit Intensive (Rossner).....(319) 349
Feb 22-Mar 06	Phase I, Part B Intern (Peterson, Holt).....(554) 734	Jul 12-Jul 17	Dance and Games for Kids (Goldbeck).....(475) 550
Feb 23-Feb 28	Body, Breath, and Energy Training (Raithby, Nicholls).....(720) 795	Jul 14-Jul 17	Shadow Play (Nicholls).....(406) 451
Mar 01-Mar 03	Burnout to Balance (Jackson, Robillard).....(309) 339	Jul 17-Jul 22	Dance and Games for Kids (Goldbeck).....(475) 550
Mar 01-Mar 06	Come Alive (Nicholls, Raithby).....(630) 705	Jul 19-Jul 22	The Quantum Laugh (Ames).....(426) 471
Mar 01-Mar 06	Come Alive Intern (Nicholls, Raithby).....(315) 390	Jul 19-Jul 22	Women and Sexuality (Peterson, Merlin).....(456) 501
Mar 09-Mar 11	Writing for Life (Littleton.E).....(279) 309	Jul 20-Aug 01	Phase I, Part B (Ewan, Dodge).....(1108) 1288
Mar 09-Mar 12	Simple Presence (Allen).....(396) 441	Jul 20-Aug 01	Phase I, Part B Intern (Ewan, Dodge).....(554) 734
Mar 09-Mar 14	Disengaging Depression (Peterson, Lemon).....(670) 745	Jul 23-Jul 28	Dance and Games for Kids (Goldbeck).....(475) 550
Mar 16-Mar 18	Intuitive Edge Introduction (Winklemans).....(309) 339	Jul 28-Aug 02	Come Alive (Peterson, LaCroix).....(630) 705
Mar 18-Mar 23	Come Alive (Ewan, Ames).....(630) 705	Jul 28-Aug 02	Come Alive Intern (Peterson, LaCroix).....(315) 390
Mar 18-Mar 23	Come Alive Intern (Ewan, Ames).....(315) 390	Jul 28-Aug 03	If You Really Loved Me... (Baldwin.M, Baldwin.B).....(772) 862
Mar 22-Mar 25	Effective Boundaries (Peterson, Huntington).....(456) 501	Aug 03-Aug 06	Anger, Boundaries and Safety (Peterson).....(456) 501
Mar 23-Mar 25	Couples in Conflict (Sellner).....(429) 459	Aug 06-Aug 09	Teens Alive I (Nicholls, Raithby).....(420) 465
Mar 29-Apr 01	Anger, Boundaries and Safety (Peterson).....(456) 501	Aug 07-Aug 12	Come Alive (Huntington, Ewan).....(630) 705
Apr 05-Apr 08	For Play (Dillon-Shaw, Dillon.G).....(396) 441	Aug 07-Aug 12	Come Alive Intern (Huntington, Ewan).....(315) 390
Apr 06-Apr 08	Addictions (Huntington, McNallys).....(319) 349	Aug 09-Aug 12	Teens Alive II (Nicholls, Raithby).....(420) 465
Apr 06-Apr 09	Career Revisioning (Farrell).....(361) 406	Aug 12-Aug 15	Teens Alive III (Nicholls, Raithby).....(420) 465
Apr 06-Apr 09	Drum Talk (Povah).....(336) 381	Aug 17-Aug 19	Couples in Conflict (Sellner).....(429) 459
Apr 08-Apr 13	Come Alive (Huntington, LaCroix).....(630) 705	Aug 19-Aug 24	Come Alive (Clarke, Huntington).....(630) 705
Apr 08-Apr 13	Come Alive Intern (LaCroix, Huntington).....(315) 390	Aug 19-Aug 24	Come Alive Intern (Clarke, Huntington).....(315) 390
The Haven's 4th International Symposium <i>with keynote speaker Dan Millman and interactive presentations with The Haven Faculty</i> April 13 & 14 in Vancouver		Aug 21-Aug 24	Relationships (McNallys).....(442) 487
Apr 20-Apr 22	Adventures in Consciousness (Pulos).....(369) 399	Aug 24-Aug 26	The Biology of Empowerment (Pulos).....(369) 399
Apr 20-Apr 22	Dealing with the DSM IV (Wong.R).....(274) 304	Aug 26-Aug 29	19 and Beyond (Raithby, Nicholls).....(436) 481
Apr 20-Apr 22	Separation and Loss (Nicholls, Peterson).....(369) 399	Aug 27-Sep 02	Journey to Self II (Gomori).....(931) 1021
Apr 29-May 04	Come Alive (Holt, Curtin).....(630) 705	Aug 28-Aug 31	Simple Presence (Allen).....(396) 441
Apr 29-May 04	Come Alive Intern (Holt, Curtin).....(315) 390	Sep 08-Sep 13	Come Alive (Ewan, Curtin).....(630) 705
May 15-May 17	Burnout to Balance (Jackson, Robillard).....(309) 339	Sep 09-Sep 14	Come Alive Intern (Core Faculty).....(315) 390
May 17-May 20	Practicum (Peterson, McNally.E).....(496) 541	Sep 23-Oct 18	New Horizons (Dodge, Olynyk).....(2532) 2907
May 18-May 20	Awakening Your Erotic Body (Dillon-Shaw, Dillon.G).....(319) 349	Sep 23-Sep 29	New Horizons, Part A (Dodge, Olynyk).....(724) 814
May 18-May 20	Couples in Conflict (Sellner).....(429) 459	Sep 27-Sep 30	Effective Boundaries (Huntington, Peterson).....(456) 501
May 20-May 25	Come Alive (Chambers, Wilder).....(630) 705	Sep 28-Sep 30	Primal Nudgings (Farrell).....(299) 329
May 20-May 25	Come Alive Intern (Chambers, Wilder).....(315) 390	Sep 30-Oct 05	Come Alive (Wong.B, McKeen, Peterson).....(630) 705
May 25-May 28	Living with Passion (Raithby, McCartney).....(441) 486	Sep 30-Oct 05	Come Alive Intern (Wong.B, McKeen, Peterson).....(315) 390
May 25-May 30	Intuitive Edge Intensive (Winklemans).....(650) 725	Sep 30-Oct 06	New Horizons, Part B (Dodge, Olynyk).....(724) 814
Jun 03-Jun 08	Healing Stitches (Huntington, Holdgrafer.M).....(604) 679	Oct 05-Oct 10	Disengaging Depression (Peterson, Lemon).....(670) 745
Jun 07-Jun 10	Bleep of Faith (Ames, Cimbalo).....(426) 471	Oct 07-Oct 18	New Horizons, Part C (Dodge, Olynyk).....(1230) 1395
Jun 07-Jun 10	Relationship (Nicholls).....(456) 501	Oct 11-Oct 14	Living with Passion (McCartney, Raithby).....(441) 486
Jun 07-Jun 10	Transforming Fear and Anxiety (Raithby, McCartney).....(441) 486	Oct 18-Nov 12	Phase I Self-Compassion (Peterson, McNally.E).....(2089) 2464
Jun 10-Jun 15	Come Alive (Chambers, Enright).....(630) 705	Oct 18-Nov 12	Phase I Intern (Peterson, McNally.E).....(1045) 1420
Jun 10-Jun 15	Come Alive Intern (Chambers, Enright).....(315) 390	Oct 18-Oct 30	Phase I, Part A (Peterson, McNally.E).....(1108) 1288
Jun 10-Jun 16	Journey to Self I (Gomori).....(931) 1021	Oct 18-Oct 30	Phase I, Part A Intern (Peterson, McNally.E).....(554) 734
Jun 15-Jun 18	Primal Whisperings (Farrell).....(386) 431	Oct 19-Oct 20	Pro-D for the Self (Littleton.E, Littleton.MH).....(137) 152
		Oct 19-Oct 21	Couples in Conflict (Sellner).....(429) 459

NOTE: Course Tuition is in Canadian Funds and is subject to GST.
A non-refundable deposit is required for each registration.
Course information/tuition may change. Please confirm details when registering.
Room and meals are charged separately. See p. 26 for details.