

Journey to the Centre of your life - the map

Imagine you want to go on a journey, a journey to a foreign place, somewhere you have heard about but have never been. Firstly, you look at maps and read about the place, this is what it is like to read the book. By doing a half day workshop it is a bit like going to a slide evening where someone talks about their trip, while showing some slides and some time to ask a few questions. Most of the time the slide evening whets your appetite and you just have to go there. Some people are not quite ready to take the journey into the unknown, the unconscious and the emotional.

If you decide to journey to this foreign place and you arrive by plane, get into an air-conditioned bus with tinted windows, driven from place to place, you get the view from the bus through the tinted windows. At two or three different places you are allowed to get out of the bus, feel the temperature, smell the surroundings, hear the noises and generally experience the landscape. Sometimes people realise they have been here before. This is what the one day workshop is like.

The two day workshop allows you to get out of the bus at every stop and taste the air all over this foreign place. All the journeys can be emotional because they journey into the centre of your life. However, people learn a great deal and will identify ways to help not only themselves but other people through the journey. Some of the places can be quite daunting for people who have or have not been there before, a bit like seeing beggars or eating dog in other countries. At first you can't quite believe it but then you can understand how and why it is like it is.

