

*AWAKENING SANGHA thru WisePLAY:
for LGBTQ, July 15 – 21, Inner Island Retreats*

“Playfulness is a way of being that avoids the pitfall of self-importance. Play can take us into experience in an adventurous and challenging way that uses energy and concentration and mindfulness. The nervousness and clumsiness of self-consciousness gets consumed in the purity of the action.” Ajahn Succito Turning The Wheel of Truth

WisePLAY integrates insights from the Buddha's Eightfold Path, creative-arts therapies, Emotional Freedom Technique and Non-violent Communication to enhance the functioning of social and emotional circuits in the brain. This synthesis of modalities has arisen out of my experience as a psychotherapist and meditator:

**“ Freeing the body from emotional painis most easily accessed in midst of relationship.”
Rodney Smith: Stepping Out Of Self-Deception**

**This training will develop: 1. an embodied awareness of karma/cause and effect
2. self-compassion 3. safe/skillful expression of emotion 4. interbeing and prayer.
When trust levels allow, each participant who wants to, takes a turn to relate a story, theme or an image that is rising into awareness. We then witness, create psychological space, wait and allow it to become Dharma. This witnessing is provided to the teller using Playback Theatre (www.playbacknet.org), a simple process that taps into our innate qualities of mindfulness, empathy and compassion. To integrate new insights, we end each person's inquiry with silent meditation and then write or draw our insights and share these with the group.**

“Play is part of your fundamental biochemistry.” Candace Pert

Facilitators: Esther Muirhead, M.Ed., is a creative-arts therapist, Buddhist practitioner and community educator. Robert Birch, M.A., is a Buddhist practitioner, global gay sex educator and Playback theatre trainer.

**For more info: ejmuirhead4@gmail.com, phone: 250-335-1141 website:
esthermuirhead-counsellor.yolasite.com.**

Cost: \$400-800.00 Cdn. Some work trades available.

To register: Send a deposit cheque for 200.00 to Esther Muirhead, 3199 Jemima Rd. Denman Island, BC, V0R 1T0

**“You mature by expanding your range of useable skills through play.” Thanissaro Bhikkhu,
Head and Heart Together**