

The Journey Home: Being Spiritual Friends to One Another, a Partner Meditation



A Day-Long Retreat for Women in Humboldt County, California

“To listen another’s soul into a condition of disclosure and discovery may be almost the greatest service that any human performs for another.”

Diana Steere, Quaker from London

This women’s retreat is an opportunity to stop, reconnect with our essential selves, and contact that source of wisdom and fulfillment that enriches our lives.

A primary process of exploration on this day will be that of a partner-assisted meditation often referred to as “spiritual friendship,” where each woman is invited and supported in contemplating, exploring, and expressing her deepest truth. This process provides the opportunity and a safe structure for sharing what is close to the bone with someone you can trust, someone who has no agenda, someone who is not judging, analyzing, or labelling you. This sharing takes place in sacred space, with the understanding that the inner world can be navigated more easily, for many people, by virtue of the presence of a listening partner, and that seeking to find words for what is often beyond words is a valuable process.

Other meditative processes, body and breath exercises, writing, sounding, and meditative movement will be used to guide us on our journey. Come join a group of like-minded women committed to a day of self-reflection, self-nourishment, and self-discovery.

Theresa Horan-Sapunar, longtime retreat facilitator, spiritual mentor, psychotherapist and co-founder of the Center for Personal and Spiritual Growth (in Cincinnati/Yellow Springs, Ohio, and Humboldt County, California) has been creating and leading retreats for enhanced well-being, creativity, and spiritual development for over 35 years. She utilizes a unique blend of meditative practices, body and breath exercises, expressive arts and movement, and a spiritual perspective to assist people on their spiritual journey.

Hopefully, these day-longs can resume in the fall of 2022. Stay tuned for more information. If you would like to be on a mailing list to receive updates, please email or phone Theresa.

For more information, contact Theresa
tjsapunar@gmail.com
404-229-1812