

# Conversation from our Centre

The paradox: *Our solitary journey  
form of a rare but real form of  
people listen to their own inner wisdom and discern their own truth.*

*towards spiritual wellbeing requires relationships in the  
community which has no other agenda except to help*

Parker Palmer: *The journey Towards an Undivided Life*

**Tuesday, November 12  
10.00 - 2.30pm  
at Brigid's Well,  
Kildara Centre, Malvern  
Suggested donation: \$15  
includes lunch & refreshments)**

**Facilitator: Kaye Twining**

This contemplative/educative process will introduce participants to

- Some of the elements which shape the way we listen and respond within a conversation.
- Guiding principles for listening for our own inner wisdom and nurturing authentic community, drawing from the insights of Parker Palmer.
- Engaging in the practice of Conversation from our centre: silent meditation; Individual reflection on a particular theme; the invitation to share something of the experience.

**BOOKINGS ARE ESSENTIAL AS NUMBERS MAKE A  
DIFFERENCE!**

**CONTACT CATRIONA OR URSULA  
AT KILDARA (9509 7906) BY NOV 8**

Kaye lives in Melbourne, Australia with her husband, children and grandchildren. She qualified as a spiritual director in 2003 through the Heart of Life Spirituality Centre, Melbourne. As a mature aged student Kaye also gained a degree in theology through UFT, Graduate Diploma and Masters Degree through ICSPF. Her Master's thesis is entitled: the contribution of a spiritual director to the spiritual journey of a person diagnosed with bipolar disorder.

