

CO CREATION AND CONSCIOUSNESS

A PRACTICAL SPIRITUALITY WORKSHOP

Wednesday & Thursday, May 15 & 16, 2013

10am - 5pm

Trefacwn Country House, Llanrhian, Pembrokeshire SA62 6DP

Hosted by **Common Ground**, with guests from Emissaries of Divine Light, this is a two-day workshop to explore the changes awakening in human consciousness at this time. How do we relate to the divine energy of creation? In what way can our thoughts and feelings affect reality? What spiritual practices help?

The two days will include talks and elements of discussion, participation and experiential learning to engage heart and mind. We shall aim to inspire and connect, so please encourage people to come from your own networks.



Cost: £40 Please bring some lunch to share each day. Drinks will be provided.

Booking: Places must be booked in advance by contacting Jayne & Don MacGregor, 01348 872895 (before Easter) or 837750 (after Easter), jaynemacgregor@yahoo.co.uk Payment will be taken on the day by cash or cheque. No cards please.

Accommodation: If you would like a list of local B&B accommodation, please ask when booking.



David Karchere is a passionate and empowering teacher of practical spirituality. He assists people to attune to the highest levels of conscious awareness and to sustain that attunement through all phases of the human experience. David is a writer, poet and spiritual director at Sunrise Ranch, a thriving spiritual community in Loveland, Colorado. He is the originator and developer of the practice of Healing Chant and director of the Attunement School at Sunrise Ranch. www.SunriseRanch.org



Ruth Buckingham - Originally trained in the theatre, Ruth's life has proved to be a spontaneous improvisation in living with integrity. Her role as one of the international Trustees of Emissaries of Divine Light brings responsibility for walking her talk, and leading by example.

Phil Richardson - As one of the seven Trustees of Emissaries of Divine Light, Phil provides leadership and spiritual education internationally. He has more than 35 years of commitment to his spiritual path and training in Spiritual Education, Attunement and Emotional Work. He and Ruth coordinate Emissary activities in South Africa and the UK.



Reverend Don and Jayne MacGregor are founder members of Common Ground, a local network in North Pembrokeshire seeking to link and inform spiritually minded people in the area. Don is also the local vicar advocating *New Christianity* and author of *Blue Sky God: The Evolution of Science and Christianity*. www.DonMacgregor.co.uk