



Beyond Duality

**A Training in Transcendence for
Body, Mind and Spirit**

with

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author of award-winning
The Art of Original Thinking
The Making of a Thought Leader



Book
of the
Year Award
FINALIST
ForeWord
Magazine

Best Books
Award Finalist
USABookNews.com

Editors Choice
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Our brains have been conditioned for duality and downloaded with false notions since the days of our early childhood. We are enculturated for battle, programmed for opposition as our modes of dualistic thinking encourage us/them, black/white, right/wrong thinking.

These kinds of illusions take up residence in our minds because we receive them when we are young, impressionable, trusting, and open to the ideas being handed down to us. They are part of our social conditioning, but they do not serve us. Illusions are the cause of our unhappiness.

While we were often trained *what* to think, it is time to learn *how* we think, to do the deep and personal work of clarifying our own thoughts so that when we speak *every word has a ring of clarity, every statement has an intention and an air of authenticity.*

As the German mystic Meister Eckhart said, “The process of enlightenment is a process of subtraction, not addition.” This is a workshop in letting-go of old ideas, harvesting the wisdom of our lived experience, and improving our skills in thinking and speaking creatively.

It is a multi-media, multi-sensory experience that will enable you to *release the past, embrace the present, and create the future you wish to experience.* As a result of this workshop, you will enhance your ability to

- evoke the creative spirit within yourself
- provoke thought and meaningful conversations with others
- inspire more unitive thinking and compassionate action

Jan is an award-winning writer, photographer, and multi-media artist. She is also the author of *Divining the Body, God Is at Eye Level—Photography as a Healing Art, Marry Your Muse, Making Peace* and *A Waist is a Terrible Thing to Mind*. She has taught in over 23 countries and conducts workshops nationally in creativity and evolutionary consciousness. For more info, <http://www.janphillips.com>

No matter how brilliant our attempts to inform, it is our ability to inspire that will turn the tides.