

WISDOM DAY

Transforming Suffering into Wisdom

WISDOM DAY transmission introduces a fresh powerful method for revitalizing our lives. This practice brings us into greater balance and sanity as we begin to open to moment-to-moment relaxation, clarity and good will.

WISDOM DAY is under the direction of Patricia Shelton, founding teacher of the Clear Light Society, a charitable organization formed in 1977 to help the elderly, the sick and the dying. Ms. Shelton is currently engaged (2005-06) in training the nurses, social workers and volunteers of HOSPICE CARE IN THE BERKSHIRES, in Massachusetts, introducing them to fresh dynamic, dyadic practices for helping the terminally ill. She also taught the accredited course, *Introduction to Zen Practice* at Boston University from 1985 to 2000, along with serving as guiding teacher to Zen groups in Maine, New Hampshire, Massachusetts and Florida, to whom she also transmitted WISDOM DAY and other transformative practices.

WISDOM DAY for Mothers and Adult Daughters, as well as WISDOM DAY for Women with Breast Cancer, are presented by Patricia Shelton and her daughter Ariadne Sylvester, artist, wife and mother of two.

“Words cannot describe how this teaching is so beneficial. It is an experience – a transforming experience. I am so happy to had the opportunity to share it with my mother.

E.L., M.A., School Teacher and Librarian

What do we do when our being seems suffused with anger, or fear, or sadness, or envy or any of the many other painful states of mind?

Perhaps we try to express it, which often brings new complications; perhaps we repress it, hoping for the best, until the next emotional upheaval, and the next and the next and so on throughout our lives.

WISDOM DAY is primarily concerned with neither expression nor repression, but rather with the practice of directly transforming the toxic energy of negativity itself into the medicinal energy of clear mind, healing to both body and mind.

WISDOM DAY provides experiential knowledge that any negative state is workable and is a flexible form of vital energy that can be transformed into open, fresh mind.

If we do not do this for ourselves, who will do it for us?

“What a great experience! I feel that this was an introduction to a way of life which allows a freeing up of ourselves as we get rid of ‘baggage.’”

B.J. McCormack, M.D.

“The practice of dissolving is remarkable – to take a felt experience into one’s being/body and dissolve the bodily expression, opens up and amazing opportunity to be in touch with one’s true nature – an unconditioned response to oneself Thank you for the genuine care and compassion and generosity of Mother and Daughter – the great wisdom keepers.”

J. Kneen, M.A. Psychotherapist

Each WISDOM DAY begins at 9:00 a.m., includes a light luncheon and ends at 5:00 p.m. Please register early. To assure maximum individual attention and participation, registration will be limited to twelve participants.

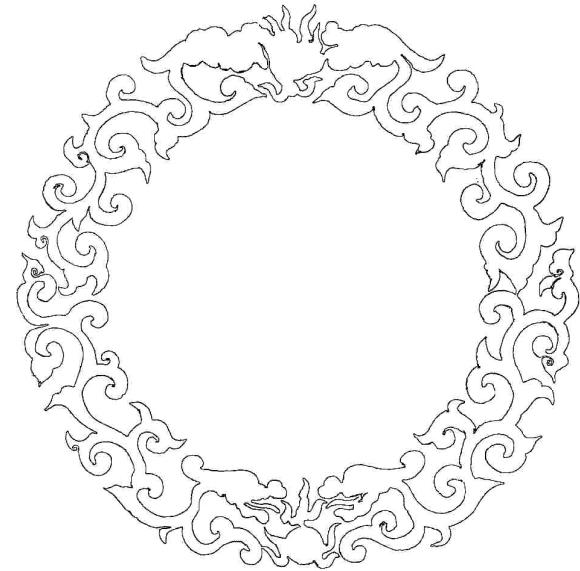
THE CLEAR LIGHT SOCIETY

A non-profit charitable organization serving the terminally ill since 1977

Stockbridge, MA • Andover, MA • Fort Lauderdale, FL

www.ClearLightSociety.org

413-298-4446



THE CLEAR LIGHT SOCIETY

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Wisdom Day for Women

Wisdom Day for Women and Men

Wisdom Day for Mothers and Adult Daughters

Wisdom Day for Gays and Lesbians

Wisdom Day for Women with Breast Cancer (2006)

THE CLEAR LIGHT SOCIETY
WISDOM DAY
Transforming Suffering into Wisdom

Registration:

Name

Address

City, State, Zip

Telephone / E-Mail address

I wish to attend the WISDOM DAY:

- Category _____
- Location and Date _____
- \$100

Fees help to further the charitable work of the Clear Light Society

Enclosed is my check for the program checked above.

Amount enclosed payable to The Clear Light Society, P.O. Box 304, Stockbridge, MA 01262

Signature

Cancellation of Registration: There will be a \$50 cancellation fee on all cancellations received 14 days before the trainings. No refunds within 14 days.
Only cancellations made in writing will be deemed valid.

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