



DECEMBER 8, 2018, 9:30 am to 4:00 pm

Write Your Life into Being *with Janaki Spickard-Keeler*

Writing can help us reveal and remove blocks to the deeper life we'd like to live. Through journaling and self-inquiry, we will uncover and begin to heal core dilemmas that are causing separation and internal conflict. Using The Work of Byron Katie, we will challenge faulty beliefs and write our way into how to live a better version of the truth. Participants will leave with a template to address other thoughts and beliefs that are causing them pain.

Janaki Spickard-Keeler, M.S.S., L.S.W., is a writer, family therapist, and life-long Quaker. She has a masters degree in social work from Bryn Mawr College and did her undergraduate study at Smith College in political science and mathematics. As a clinical social worker, she unites writing with sacred change, helping people re-author the narratives of their lives in a direction that better fits their deep truths. She is a member of Chestnut Hill Monthly Meeting (Philadelphia Yearly Meeting). She stewards the Pendle Hill Pamphlets series of essays on Quaker perspectives on contemporary themes, and blogs occasionally at <https://quietistquaker.wordpress.com/>.



Registration

Visit www.pendlehill.org,
or call 610-566-4507, ext. 137

Fee

\$ 119 includes materials and lunch

Travel

Pendle Hill is just 15 minutes from
Philadelphia International Airport,
And 30 minutes outside the city.
The campus is near the Wallingford
Train station on SEPTA's
Media/Elwyn line.

338 Plush Mill Road
Wallingford, Pennsylvania 19086
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