

A one-day meditation workshop, April 30th... Portland, Oregon

Shared Witnessing™

A New Mindfulness Meditation Practice

*What is Shared Witnessing™?
... A Surprising Breakthrough in Meditation*

Shared Witnessing™ unexpectedly combines traditional meditation with a powerful interpersonal dimension. By verbally describing one's immediate experience while meditating together, participants both express and listen to one another from a witnessing perspective, without interpretation, advice giving, cross talk, or coaching of any kind. In this safe, non-judgmental practice we take meditation to a different level. We discover for our selves, at our own pace, through our own unique process, the profound satisfaction of being truly present within ourselves while in the company of others.

In this workshop

- we will learn the simple practice of Shared Witnessing™,
- enjoy a nourishing/energizing day of meditation.
- share about the journey of transformation, and inquire into the nature of consciousness.

Day and Time: Saturday, April 30. 9am–4:30pm.
Plan to arrive at least 15 minutes early, as the workshop will begin promptly at 9am and end promptly at 4:30 pm.

Location: 2311 East Burnside St. Portland, OR

Lunch: A delicious New Seasons' box lunch (your selection) - \$11, or bring your own meal.

Cost: \$45
Refund Policy: One-half of registration fee refunded for cancellations within one week of workshop. Full refund for cancellations prior to one week before the workshop. (Limited scholarships available)

To Register:

Go to <http://www.sharedwitnessing.org/registrationpayment.html>.
For more Information, send inquiries to sharedwitnessing@gmail.com, or contact Eric Sucher directly at (503) 493-2524.

To learn more about the practice of Shared Witnessing™, go to www.sharedwitnessing.org, and click on "Guidelines for Practice."

What others are saying :

- "Shared Witnessing™ is perhaps the most beautiful, transformational, supportive practice I've ever experienced."
- "This is a radically different and sacred way of being with other people."
- "Feels great to simultaneously connect with others and find deep communion with myself."
- "It felt like my words found a warm home in the receptive silence we created together."

*"Out beyond ideas of wrongdoing and rightdoing, there is a field.
I'll meet you there." RUMI*

Workshop Leaders:

Eric Sucher has a rich background of experience and training in the human potential movement, including a former private practice in California as a certified Radix practitioner (Neo-Reichian), and training in Process Oriented Psychology, Non Violent Communication, and various meditation techniques. He has made his living as a fine jewelry craftsman/retail store owner, dance teacher, electrician and currently as a counselor in private practice. The father of adult twin boys, and a Grandfather, he currently resides in Portland Oregon. Eric's passions are inventing, bicycling, dancing and growing the Shared Witnessing™ organization which he founded.

Tom Butz is a licensed clinical psychologist with a thirty-year practice of psychotherapy. Tom has written and lectured on somatic approaches to working with developmental issues and trauma, and has a long-standing interest in meditation and mind-body dimensions of personal growth. He is married with two college-age daughters, and lives in Santa Cruz, California. Tom enjoys thinking about the nature of things, running with his dog Cindy, and spending time with family and friends.

www.sharedwitnessing.org is an organization that offers ongoing, weekly Shared Witnessing™ groups, both in person and via telephone conference calls.