

# ROSEN METHOD INTERNATIONAL JOURNAL

## Fire Side Chat

Mar 23<sup>rd</sup> @ 10am PST / 5pm GMT / 18h CET

An opportunity to discuss the Rosen Journal Article & thoughts on Rosen Method and Spirituality

This article arose out of the authors' curiosity about how Rosen Method community members perceive the relationship, if any, between Rosen Method and their individual 'spiritual lives'.

There are elements to Rosen Method which also occur in many spiritual paths, for example; attention on the breath; presence; awareness; self-reflection and appreciation and trust in life itself.

We used a broad description of the term "spirituality" to invite participants to share from the full spectrum of their varied experiences, recognizing the uniqueness of each person's attitude to, and relationship with, spirituality.

If you haven't yet read the Article some pages you might like to look at are:

- Part 1 pages 18-19 Reaching spirit through the body
  - 21 Expanded Awareness experiences
  - 22 Surrender, Letting Go, Release
  - 23 Oneness
  - 29 Connection
  - 30 Being with Suffering

However we welcome everyone to join us even if you have not yet read the article. We would love to hear about your own thoughts on this topic, or just bring your Rosen presence and listening heart.

We look forward to seeing you there

Carol, John, Catherine and Jane.