

# THE CAULDRON & THE SPOON

## ~ TAMING THE BLAME GAME ~

A 2 DAY WORKSHOP FOR WOMEN DESIGNED TO EXAMINE THE MIND IN A UNIQUE WAY.

THE CAULDRON IS THE MIND.

THE CONTENTS OF THE CAULDRON ARE ALL OF OUR EMOTIONS.

THE SPOONS ARE THE PEOPLE PLACES AND SITUATIONS THAT STIR THESE EMOTIONS

BUBBLING TO THE SURFACE.

JOIN JULIA FOR MEDITATION, DISCUSSION, JOURNALING, AND CREATING YOUR VERY OWN CAULDRON AND SPOON.

**WHEN:** SAT. AND SUN.  
JUNE 25TH AND 26TH  
9 – NOON EACH DAY

**WHERE:** SOULS CENTER  
707 N. CEDAR SUITE 2  
SPOKANE WA

**WHY:** KNOWING THE MIND ~  
ITS TRIGGERS, ITS  
PATTERNS, ITS  
CONTENTS ~ IS THE  
WAY TO AN AUTHENTIC  
PEACEFUL LIFE.

**COST:** 85.00



**SATURDAY:** CORE TEACHINGS

**SUNDAY:** ENACTING TEACHINGS BY FILLING CAULDRONS WITH EMOTION TOKENS, CORE CHUNKS, BUTTONS AND OTHER MIND-CONTENTS. WE'LL CREATE DECORATIVE SPOONS TO DO THE STIRRING. ALL OF THIS BUBBLING AND BREWING WHILE WE SHARE OUR CAULDRONS.