

# Opening The Heart of Compassion ~ For Your Self ~

**An introductory workshop including lecture, discussion, and a guided meditation.**

Where:

**Ten Thousand Joys**  
Books \* Music \* Gifts  
54 E. Patrick Street,  
Frederick, MD  
301/631- 5697

**Saturday, Sept 23, 2006**  
**1:00 - 2:30 PM**  
**Cost: \$12**

*Miriam Klements*

**Healer/Teacher**  
**301/815-5479**



[www.miriamshealingwell.com](http://www.miriamshealingwell.com)



**Have you been conditioned to believe that to give to yourself is selfish?**

**Do you think you have to toughen up and disconnect from your emotions to get through difficult times?**

**Do you feel you are working too hard to make things happen?**

Miriam will introduce a powerfully healing and integrating path that helps you gently turn toward those unacceptable parts of yourself that have been kept at a distance, denied.

This path supports you and takes you to and through the inner child, the duality and the pain and suffering that comes from your inability to accept all aspects of your self and your experiences.

Go beyond the duality of 'you' versus 'the world' into the open heart of compassion that allows and embraces all of life.

At last, there is no longer anything about yourself that you cannot turn towards with tenderness, nor anything in another that makes you turn away.