

Chelsea Wakefield MSW, LCSW

is a Jungian oriented psychotherapist, dream worker, workshop and retreat leader who works with individuals, couples and groups. She has spent twenty years facilitating people in moving beyond the wounds of the past, accessing their archetypal potential and living more vibrant and meaningful lives. Chelsea draws from a depth of training in clinical and transpersonal methods and helps people

integrate the insights of personal work into daily living. She has a passion for supporting women in developing their luminous potential.

The Luminous Woman® Weekend

encompasses twenty years of discovery and work with women, supporting them to live into their deep wisdom, unique beauty, and archetypal power. Graduates can stay connected to this growing community through Reunion Weekends.

Testimonials

Women are saying:

"Last summer I attended the luminous woman weekend and it changed my life. To share with twelve enlightened women and to be taught by such a gifted and intuitive leader had a profound effect on me. I learned how to cross a threshold and begin to transform into the woman I am meant to be. What an amazing and exciting journey into wholeness Chelsea Wakefield has introduced us to. I recommend this weekend to any woman who knows in her heart and soul that truly there is something more." ~ P.G., North Carolina

"Both empowering and inspiring. I returned with a renewed vitality that has permeated different parts of my life and enabled me to embrace this journey of mine with new energy." ~ C.E., Georgia.

"I am so taken with the clarity of the model you have developed and the beauty and gentleness of how you presented it. I am struck by the strength of the image of crossing the threshold. It has already helped me change out of some of my old and outmoded energy for some invigorating surges of the new." ~ M.B., Virginia



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What does it mean to be a Woman who lives by her Inner Light?

THE LUMINOUS WOMAN® WEEKEND

April 20-22, 2012



Come join
Chelsea Wakefield, LCSW,
in a circle of women
as we travel the realm of
The Luminous Woman and
other important Archetypes
of the Feminine.

Passion

The Luminous Woman® Weekend

A woman becomes luminous when she begins to live by her own inner light. This light grows as she establishes a taproot into the creative power of her archetypal depths, giving her a quiet dynamism that emanates from the core of her being.

Today women are becoming cartographers of their inner journey, redefining themselves in new ways. The Luminous Woman® Weekend is a time where women can map their own experience and explore the many archetypes of the feminine, familiar and not so familiar. We will listen each other into life, bearing witness to valiant struggles, deep longings, and each woman's unique beauty. We will experience being more sensually embodied and present in each moment, integrating heart, mind, body and soul. Through sharing, music, poetry, dialogue, journaling, movement and ceremony we will cross a threshold into a new way of being.

We will talk about places where women get stuck, identify how these quagmires have played out in our own lives. Sometimes a life that made sense in years past just doesn't seem to work anymore but we don't know what to do instead. We will talk about fear, betrayal and loss and how love and relationships can be our greatest teachers.

We will change our relationship to the dark places in our psyches that cause us so much fear and pain, and release stuck energy around past experiences that have defined or constrained us.

We will connect with the places inside where wisdom, strength, fullness, and power reside and create a touchstone for returning there regularly. We will support each other in our commitment to "return to the sea" for replenishment and to tend the hearth of our inner fire.

Join us if you want to...

- Learn about the many archetypes of being a woman and discover who sits at your "Inner Round Table". Identify the archetypes you have lived into consciously and unconsciously. Expand your range of archetypal energies.
- Learn more about the unique developmental passages on a woman's journey and how you can avoid the common quagmires.
- Deepen your capacity for loving with an open hand, as a whole, complete woman. Learn to ask for what you want and to accept people for who they are. Expand your capacity for relationship and true intimacy.
- Experience living as a more present, joyful and sensually embodied woman. Enjoy the awe and wonder that come from being open to the mystery.
- Develop a sense of trust and confidence that your center will hold throughout the storms of transformation, living and loving.
- Transcend wounding, relinquish past hurts, and live into a deeper identity.
- Develop the confidence and integrity that shine from the eyes of women who have faced, named, and learned to work with the energies of the dark feminine: fear, jealousy, envy, bitterness, competition, comparison, anger, emptiness, loneliness, regret, self-hatred and self doubt .
- Immerse yourself in the joys of sharing wisdom, stories, laughter and the sensual pleasures of good food. Experience women in genuine mutual appreciation, giving and receiving, "listening each other into life".



**5 pm, Friday, April 20,
through 4 pm, Sunday,
April 22, 2012**

Cost: \$385 - includes six delicious meals with vegetarian options and 2 nights lodging in clean, comfortable single rooms with individual sink and shared bath. Commuters can discount \$100. Lodging upgrades are available close by.

Location: "Sanctuary in the Pines," Flat Rock, NC (Asheville airport)

www.sanctuaryinthepines.com

Deposit: Non-refundable deposit of \$100 due by March 15, balance due by April 1, 2012.

Mail to Chelsea Wakefield, LCSW
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For more information contact Chelsea at
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*Join the growing community of
women graduates in twice yearly
Reunion Groups.*

*Be notified about future offerings:
sign up for Chelsea's newsletter
Luminous News at*
www.chelseawakefield.com.