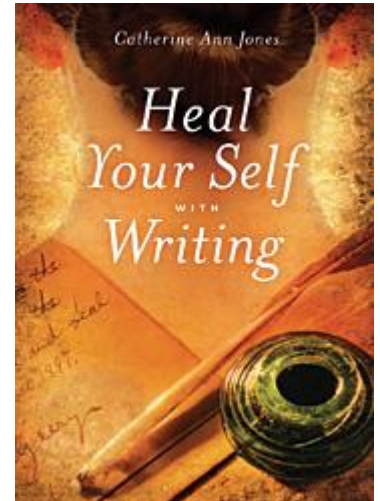


# Heal Your Self with Writing

with *Catherine Ann Jones*

Our lives may be determined less by past events than by the way we remember them. Expressing and listening to one's own life story is an ancient mode of healing. How do we learn to listen more to the stories that heal? How do we put together the pieces of our past? How can we rewrite our life story so that pain becomes meaningful and actually promotes growth and transformation? *Heal Your Self with Writing* offers a step-by-step journey of discovery and re-visioning through focused journaling, a practice that can enable healing and empowerment. In this way, each reader is able to make meaning out of memory and put the past where it belongs — behind them. Heal the world one individual at a time. (Required reading: *Heal Your Self with Writing*, available on [www.amazon.com](http://www.amazon.com))



"Heal Your Self with Writing is an elixir for the soul."

-Psychology Today



Catherine Ann Jones, an award-winning playwright with ten plays produced, is also a screenwriter for films (including 'The Christmas Wife' with Jason Robards and Julie Harris, 'Unlikely Angel' with Dolly Parton, and the popular TV series 'Touched by an Angel'), as well as the author of *The Way of Story: The Craft & Soul of Writing*. A Fulbright Scholar who studied shamanism in India as well as a M.A. in Depth Psychology, she offers individual writing consultations, and healing & writing workshops around the world.  
[www.thewayofstory.com](http://www.thewayofstory.com)

**Friday, September 27 - Sunday, September 29**  
(Friday 7 - 9pm, Saturday 10:30am - 4:30pm, Sunday 10:30am - 1pm)

**\$340, including lunch on Saturday. Partial scholarships available.**  
Space limited to 20. Place held when payment is received.

15% discount for those who stay at The Ojai Retreat for two nights (see [www.ojairetreat.org](http://www.ojairetreat.org) for room rates)

To register, and/or to reserve a room please call: (805) 646-2536 or email: [info@ojairetreat.org](mailto:info@ojairetreat.org)

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