



Swedenborg Association of Australia
FRIDAY FEBRUARY 24th at 7.45pm
(after the Reading Group which starts at **6.30pm**)
Free admission
AT THE NEW CHURCH,
4 SHIRLEY ROAD, ROSEVILLE



Resilience in Times of Change

Facilitated by Michael Chester

When faced with life's challenges, why do some people bounce back easily while others stay stuck? Michael Chester will be basing the presentation on an excellent recorded interview between Regina Meredith and Joan Borysenko in which Joan explains how you can master the important life skill called resilience.

This will be a very illuminating evening which covers Joan's spiritual journey and some of the important insights she learnt along the way. You will hear about transformative experiences, experiences transcending this natural world, the nature of the mind, and the main characteristics of resilience.

There will be passages of wisdom interspersed during the presentation that complements the engaging conversation.



Here's a brief intro to **Joan Borysenko, Ph.D.** She is a distinguished pioneer in integrative medicine and a world-renowned expert in the mind/body connection. She is a Harvard-trained medical scientist, licensed psychologist and New York Times bestselling author, with more than a dozen books to her credit. Her work has been foundational in an international health-care revolution that recognizes the role of meaning, and the spiritual dimensions of life, as an integral part of health and healing.

Michael enjoys listening to interviews on life related matters. This one on Resilience is highly rated by him for the warmth of interaction between the two women and the flow of experiences covered that benefits the listener in many ways. Michael has appreciated the view of reality in Swedenborg's teachings over 20 years and will complement Joan's conversation with various quotes.

More SAA events info at www.swedenborg.com.au/meetings