

Attending and Befriending Our Fears for the Future: A One-Day Online Workshop

Saturday, July 29, 2023: 9:30 am – 3:30 pm PT



***Are you fearful about the future?
Are you worried about where the world is heading?
Are you concerned about what may happen to you
and your loved ones?***

If you are, you are not alone. Whether your fears are about climate disruption, the economy, political divisiveness, gun violence, or other global/national problems, or whether they are about not being good enough, running out of money, the illness or death of loved ones, being on your own, or other personal issues, we all experience fear and its harmful effects.

In this one-day online workshop we will use mindfulness meditation, group discussions, and contemplative practices to:

- Recognize and name our fears
- Allow and respect them
- Inquire into them with care and kindness, and
- Explore wise and skillful ways of working with them.

The workshop will be facilitated by [Kate Davies](#), a veteran of many battles with fear. She is a certified mindfulness meditation teacher and leads the Whidbey Island Insight Meditation Group. Her book, [Intrinsic Hope: Living Courageously in Troubled Times](#), received the Grand Prize given by the Nautilus Book Awards in 2014.

This workshop is donation based. The suggested donation range is \$20 – 60, however no-one will be turned away because of a lack of funds. For registration, please email Kate at katherinestefaniedavies@gmail.com. For donations, please visit [my website here](#). The number of participants will be limited.