



## ONLINE WORKSHOP WITH THOMAS MOORE

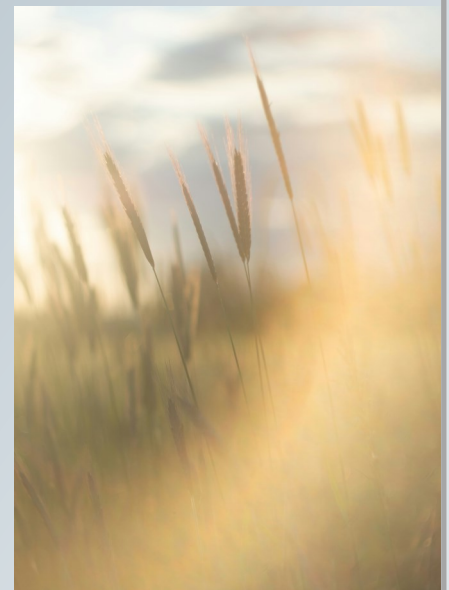
### *SPIRITUAL EMPTINESS IN THE THERAPEUTIC ENVIRONMENT*

**Saturday 14 September 5.30-7.00pm**

In this workshop, based on his most recent book, *The Eloquence of Silence*, Thomas Moore will explore the meaning of emptiness and how it can help in therapeutic practice. Open to all with an interest in the therapeutic value of the calm that comes from letting things take their course, this is a great opportunity to learn from one of the most prolific modern writers on matters of the Soul.

Thomas Moore teaches that spiritual emptiness is not a vacant life but a positive and intense way of being open and unattached, egoless. In many spiritual traditions it is taught through stories of ordinary kinds of emptying. Psychotherapy can benefit from many different kinds of emptiness, such as not being attached to your ideas and methods, allowing space for your client to speak more, letting developments unfold in their own direction, not feeling you should know everything, letting go of your own ideas about what is healthy or a good goal in the therapy.

His book, *The Eloquence of Silence* is a Gold Winner in the psychology/mental & emotional well-being category in the 2024 Nautilus Book Awards. It will be possible to order an exclusive signed copy in advance at a reduced rate for workshop attendees.



**Date:** Saturday 14 September 5.30-7pm

**Cost:** £60

**To Book:** Please book via [Eventbrite](https://www.eventbrite.com) if you are a current Re-Vision student please email [info@re-vision.org.uk](mailto:info@re-vision.org.uk) to pay a discounted rate.



**Thomas Moore** is an acclaimed New York Times best-selling author of more than thirty books on deepening spirituality and cultivating soul in every aspect of life. He has been a monk, a musician, a university professor, and a psychotherapist.

*"Life often empties us, and we could learn to flow with loss. The overall result of this attitude is more relaxation, less ego, and more good surprises."*

Thomas Moore