

# *Living with Spirit* in an Upside Down World with **LESLIE SAFFER, MAT, Reiki Elder “Tara Anenkaya”**



It's clear the personal and global challenges we face are increasing. LwS helps us develop an understanding of how they are manifestations of the breaking of the Sacred Hoop of Life. This understanding opens doors for bringing balance, sanity and healing to our experience despite the demands of living in an upside down world.

The LwS weekend explores the timeless relationship between the material and non-material energies of the continuum of Life. It engages participants in the process of achieving healing and reconciliation with self, others and the Earth.

Classes are geared for committed students who are open to challenging their habitual thinking, feeding their spirits and sharing their experiences. A combination of instructional and experiential activity includes:

- honoring Spirit in our everyday movement
- exploring the Living Past and its influence
- investigating the link between consciousness and belief and their impact on health and healing
- thinking collectively vs. individually
- developing a discriminating stance to counter imbalance & denial
- strengthening the immune system in a compromised environment
- infusing our experience with the Spirit of Sustainability

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**For more information about forming classes:**

**508.860.2019**

**healingspirit1@verizon.net**

## *Leslie “Tara Anenkaya” Saffer*

A woman of Assyrian heritage, Leslie/Tara Anenkaya joins those actively vigilant in addressing our diminishing quality of Life and the brutalities heaped on the peoples of the Earth and Her resources. Her classes are infused with the influences of a richly textured life including years of indigenous teachings, energy healing and other spiritual studies.

Leslie has taught Empowerment Modules, and Reiki I, II and III for more than a decade; worked as a broadcaster for 10 years; taught at all levels, from elementary through college; provided PR/marketing/graphics/special events services to not-for-profits; designed and conducted countless workshops on quality of life topics; acted in children's and community theatre; and served as a mediator for 23 years.

Her one-hour musical program for seniors (voice and piano) combines therapeutic and entertainment value. Other musical involvement includes playing horn with the Atlantic Wind Symphony and the Wachusett Community Band.

She inspires neighbors to community activism through her neighborhood watch and watershed activities and coordinates the cultivation of *Bread & Roses*, an urban herb and flower garden supported in part by the City of Worcester and the Regional Environmental Council of Central Massachusetts.

Leslie/Tara Anenkaya is dedicated to making a contribution to healing and reconciliation. She combines knowledge, experience, wisdom and an enquiring spirit with humor, skill and enthusiasm to work with students open to making a difference.