

# Living Wisdom Group Spiritual Companioning Circles

MONDAYS – 9am to 11am central time – MAY 5, JUNE 2, JULY 7 & AUGUST 4

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THURSDAYS – 9am to 11am central – MAY 1, JUNE 5, JULY 3 & AUGUST 7

Each group will include 6-8 people and led by PATTY FORSBERG. Participants are asked to commit to all four sessions.

Shared elements of each Living Wisdom Group:

- Anchored in a rhythm of silence
- Embodied practice – 3 centered knowing
- Heart sharing and listening
- Living Wisdom integration

RSVP to: [patty.forsberg@gmail.com](mailto:patty.forsberg@gmail.com) for zoom link

Payments: \$25-40 per session,  
\$100 -160 for all four sessions.

Venmo: @Patty-Forsberg

Zelle: [patty.forsberg@gmail.com](mailto:patty.forsberg@gmail.com)



“To understand the world, knowledge is not enough.

You must see it, touch it, live in its presence.” - Pierre Teilhard de Chardin

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PATTY FORSBERG. I started my contemplative journey with Thomas Keating and centering prayer - hungry for the Divine Therapy he talked about. That same hunger led to studying psychology and spirituality through the very helpful lens of other traditions as well. Big influences in my journey that continue to be important in my work with others are the Enneagram, Bio-Spiritual focusing and Internal Family Systems. Cynthia Bourgeault has been another large influence, especially her work with Jean Gebser, Mary Magdalene and G. I. Gurdjieff. The other significant community in my life is The We Oneing - where our main practice is an eyes open, paired meditation that has offered itself as a portal to the sacred among us in very real ways.

I especially love working with groups, as there is something particularly special that happens when we come together with sacred intention. The divine seems especially active and present for our greatest good. And we find ourselves deeply experiencing the truth of “For where two or three are gathered together in My name, I am there in the midst of them.”

Patty is a practicing teacher of Centering Prayer and Welcoming prayer with Contemplative Outreach and Bio-Spiritual Focusing with the Bio-Spiritual Institute. She has led many contemplative retreats over the years and is a Wisdom Spiritual Director working with both individuals and groups. Patty lives in Lincoln, Nebraska with her husband Michael. They have two 20-something daughters who live nearby - and a big black dog who ‘makes’ them go for lots of long walks. CONTACT: [patty.forsberg@gmail.com](mailto:patty.forsberg@gmail.com). [www.pattyforsberg.com](http://www.pattyforsberg.com)