

Gail Carr Feldman, PhD

Rainbow Your Life Workshops

Midlife Crash Course: Adventures on the Wisdom Journey

"Every part of the wisdom journey is a call for the courage and faith to grieve, to grow and to know that every problem is a platform for a miracle." - Gail Feldman

THE NEED AND THE OPPORTUNITY

- Millions of the estimated seventy-six million "baby boomers" in the United States are currently dealing with stress and grief related to illness, divorce, injury, financial loss and death. Fifteen million "baby boomer" women are actually reporting experiencing midlife crisis.
- In the United States alone, over 40 million adults suffer depression, and in every age group women suffer depression in higher numbers than men.
- The divorce rate among middle age women continues to increase.
- There are 50 million people in the U.S., most of them women, who are designated as "Cultural Creatives," individuals who are seriously concerned with their inner lives and motivated to find meaning and purpose as they cope with adversity.

The Midlife Crash Course workshop gives those who are struggling with challenging life changes a powerful context in which to discover opportunities and benefits from this transitional growth cycle. The sense of personal devastation that results from loss and difficult life circumstances is reframed and honored as the "heroine's journey," a journey we all must take in one form or another, that is both arduous and sacred. The heroine's journey provides a new background with comforting concepts that make the experience of suffering universal and natural - being "tossed on the path;" making the "descent into the darkness of the underworld," being in "the belly of the whale;" "confronting ogres and dragons" on the "road of trials" – provide a clear sense that we are all participants in an ancient story; we are part of the mystical, magical, mythology that is the unfoldment of life. We are learning to "die-to-the-past" and be "re-birthing" into a greater self and a bigger life. The boon, or the treasure, that comes at the end of the journey, the pot-of-gold at the end of the rainbow, is the wisdom of self-love, compassion and contribution. These are the attributes of strength and resilience that result from the integration of both the masculine and feminine aspects of the personality – centeredness, internal balance, oneness with the world that allows for inner peace and empowered leadership.

ATTENDEES

Women who will want to attend the Midlife Crash Course workshop and create subsequent support groups are those:

- coping with life crises
- in transition or temporarily stopped in life
- handling health conditions
- experiencing depression and anxiety
- processing grief
- searching for love and fulfillment
- growing their success consciousness



PRINCIPAL THEMES & BENEFITS

Learn to see:

1. The Road of Trials as sacred initiation
2. The darkness of grief as the fire of transformation
3. The path that leads from Warrior to divine purpose
4. The power of your own rainbow energy

Workshops are led by Gail Feldman Ph.D, LLC

Psychologist, award-winning Author, Speaker, Coach & sought-after Public Speaker

2700 Vista Grande NW #86 Albuquerque, New Mexico 87120 USA

P: 505-833-5846 F: 505-508-0451 W: www.gailfeldman.com E: gfwrites@comcast.net