

Life before Death: The Psychology of Flourishing

***St Mary's Monastery and Retreat Centre,
Kinnoull, Perth, Scotland***

Friday 19th (arrive late afternoon) – **Sunday 21st July 2024** (depart after lunch)

Too often in spirituality and the Christian life we have been more concerned with life after death than with life before death. Recent research in psychology has focussed on flourishing and what makes life worth living. The 'psychology of flourishing' proposes that we need to live well along five dimensions: positive emotions; positive relationships; engagement; meaning; and accomplishment. All of this is underpinned by character.

During this weekend Father Roger Dawson SJ will introduce and explain this approach to flourishing as life before death with examples and practical exercises, and he will make the link with our faith and Ignatian spirituality. We shall also look at applying this as a psychology for dealing with tough times. There will also be opportunities for silence, prayer and reflection.

Suggested donation: £230 (2 nights)

See <https://www.kinnoullmonastery.co.uk/courses/life-before-death-the-psychology>

For bookings: contact info@kinnoullmonastery.co.uk or phone 01738 624075

The weekend begins on Friday evening and ends after lunch on Sunday.

Father Roger Dawson SJ is a Jesuit priest, spiritual director and trained as a clinical psychologist. He is former Director of St Beuno's Jesuit Spirituality Centre and is now the Superior of the Jesuits in Scotland.