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St. Patrick's Day is an enchanted time -- a day to begin transforming winter's dreams into summer's magic.
~ Adrienne Cook

[Calendar of Events](#)



Forgiveness: The Transformer of an Abundant Life

March 26, 2011

St. Vincent Parish Assembly
Room, Latrobe, PA 15650
[Facebook Event](#)

Join us in the Garden of
Beauty & Wisdom at
S'eclairer

April 16 9:00am -
12:00pm

S'eclairer, 341 Story Road,
Export, PA 15632

Mindfulness Practices
for Women Group

Every Wednesday

Visit Seclairer.com

For the latest events and
group information!

This Issue

Hunter and a Dove

Power of Podcasting

Join us in the Garden of
Beauty & Wisdom at
S'eclairer



Hunter and a Dove

By Zahida Chaudhary,MD

Problems come to us , and if our mind gets used to per- ceiving only the suffering or the negative aspects, then even from a small negative incident great mental pain will ensue and happiness will never have a chance to arise It Reminds me of a story "Hunter and a Dove" by Mian Muhammad Bakhsh, a great Punjabi (Pakistan) Sufi saint who was born in a village called Gazi Khari Sharif, Mirpur Dis- trict of Azad Jammu & Kashmir.

The hunter is waiting to kill the dove sitting on a tree- whilst the hawk is also waiting at the same time to kill the dove... there is no chance that she can survive be- cause if she flies, she will be cap- tured by hawk, otherwise hunter will hunt her. At the time when hunter is about to shoot his arrow, suddenly a snake appears and bites the hunter. The arrow misses the target and kills Hawk. Hunter dies on the spot due to snake poison...and destiny of that small dove is to remain alive.

Neither of us know when and where we may be attacked by difficult circumstances in life-- But if we believe in ourselves and divine forces, we

Forgiveness: The Transformer of an Abundant Life

can always find ways in our life to overcome obstacles.

[Find more mindful posts like this on our Blog!](#)

New Videos!

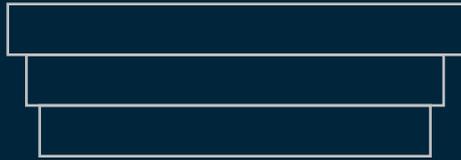
[More About Us](#)

S'eclairer -

A commitment to strengthening individuals and communities through personalized treatment and

We're still adding all sorts of videos to our YouTube page! Including this one with Dr. Chaudhary telling us the story of "The Elephant and The Rat"

educational programs for mental health and addictive disorders.



Be sure to follow us at
[YouTube.com/SeclairerVideo](https://www.youtube.com/SeclairerVideo)
for all of the latest videos!

Power of Podcasting

This month, our Director of Social Media submits and article about what Podcasting, Blogging, and Social Media can do to curb habits, connect families, and help achieve goals by creating content

[Read it here!](#)



**Join us in the Garden of Beauty & Wisdom
at S'eclairer**

Saturday, April 16, 2011
Registration: 9:00am to 9:30am
Retreat: 9:30am to 3:30pm
Cost of Retreat: \$50.00
includes food & experience

Faculty:

Safdar Chaudhary, M.D.
Sandi Blystone, LPN
Kim Ruth, MS, LPC
Jeffrey Turgeon, MPAS
Dody Wellock. RN, CARN
Christina Weimer, BS

[More Info and let us know you're coming on Facebook!](#)



All who seek to participate in the dance of life are invited into the meaning of "breath inside breath" through the practice of dance, movement, gardening, love of the silent fragrances in nature, and the panoramic view of color infusing itself into this living dance. This retreat will cultivate the experience of calming oneness within yourself, with nature, and with all other human beings. Remove yourself from the stresses of life and rest in the oneness of the living universe.

Come and be awakened!

*Stepping into the garden of senses and shapes

- *Spiritual color palettes in foods
- *Sacred Silence in Mindfulness
 - *Sacred Dance of Sound
 - *Sacred Walk of Movement

Wear comfortable clothes. For information call 412.372.1465



Forgiveness: The Transformer of an Abundant Life!

Saturday, March 26 · 9:00am -
3:30pm

Faculty:

Safar Chaudhary, M.D.

Athanasius Cherry, O.S.B.; CRNP

Donald Valentine, D.C.; MSW

We can find ourselves in conflicts that unsettle our inner peace. When we hold onto these conflicts, we can suffer pain such as anger, resentment, bitterness, hatred and fear within ourselves, our families, our business life as well as within our communities. Forgiveness is the way out of this

imprisoning suffering that ultimately affects our spirit.

This seminar will focus on forgiveness as the "transformer," the power-source of healing. You will experience various ways to forgive yourself, parents, and others. Forgiveness as the "transformer" will help you release the magnitude of your pain and suffering and empower you to step into an abundant life.

*Seminar at
St. Vincent Parish Assembly Room, Latrobe, PA 15650*

[*More Info and let us know you're coming on Facebook!*](#)

