



## **PARENTING AND THE SPIRITUAL PATH**

Exploring the Power of Family Life



For many of us, parenting is a central part of our lives. Our first child arrives and the world shifts. Demands change. Priorities alter. Once orderly lifestyles are quickly overwhelmed with fatigue, delight, and surprise. We become 'parents' and all this role entails comes rushing toward us. Nothing is ever the same again.

Many have suggested our parenting years offer heightened opportunities for spiritual growth. In *Parenting and the Spiritual Path*, Neil McKinlay affirms this truth and helps us connect with the transformative power of this time. Drawing from his training as a longtime meditator and his own experience as the parent of a young child, he provides the guidance required for us to explore and embrace the spiritual richness of family living.

This single session workshop offers both a theoretical perspective on and a practical introduction to the spiritual path. Throughout the event, much attention is given to the unique opportunities afforded by child-rearing. More precisely, *Parenting and the Spiritual Path* will:

- provide an overview of the spiritual journey,
- link this journey with the experience of parenting,
- offer practical ways for us to connect with parenting as spiritual practice,
- introduce meditation as a means of cultivating the above connection.

Supporting this last point, a 'Meditator's Starter Kit', consisting of a guided CD, yoga strap and a copy of Neil's helpful booklet, *Steps Along the Way: Questions From a Meditator's Journey*, can be provided to each participant for a per person fee. Such inclusion greatly facilitates individuals' ongoing engagement with meditation practice.

### **ABOUT NEIL MCKINLAY**

All of Neil McKinlay's work stresses the relevance of meditation in our everyday lives. A longtime practitioner, Neil has trained under the direction of Dr. Reginald Ray for the last ten years. As an authorized meditation instructor, he offers workshops and classes in a variety of settings. Of special interest to Neil is the rich intersection of spirituality and daily living. This interest is evident in his book, *Learning to Swim: Reflections on Living*, his personal coaching, and his work with other parents.

To learn more about Neil McKinlay's various services, contact:

**Neil W. McKinlay**

**Phone: (250) 595 4348**

**Email: [info@neilmckinlay.com](mailto:info@neilmckinlay.com)**