



LOVING WHAT IS

A virtual book study with Jen Casper

Wednesdays
Starting 01/04/2022

7:00 to 8:30 pm

Hosted by the OASIS Family Wellness Group

We are starting the new year with a new book study: *Loving What Is* by Byron Katie with Jen Casper, our popular guest speaker.

- The book opens with how to have conversations with ourselves. We are shown how to take accountability for what is ours and to see what is troubling us in a different light. As Katie will tell you, "It is our thinking about the problem that causes us suffering."
- Our discussion will be based on dialogue from the book...
 - What have you gained from reading the dialogue?
 - Does the same pertain to you?
 - How has the dialogue helped you see your situation differently? etc.
- We will be discussing only the chapters that pertain to our focus: **our loved ones and their addiction conditions.**
- Our guest speaker, Jen Casper, will also lead us directly into our next study: *Compassionate Conversations; How to Speak & Listen from the Heart* by Hamilton, Wilson, and Loh after completing *Loving What Is*.
 - Again, we will focus only on those chapters that are relevant to our loved ones and their addictions and how we can have more compassionate conversations with them.

Participants are responsible for purchasing their own book for each study.

Register via email to: <mailto:info@oasisbethlehem.org>

About our guest speaker... Jen Casper has always been different. Jen uses her intuitive abilities to help others better understand their experiences. Her coaching programs allow participants to move forward faster, heal old wounds, and define their lives with clarity.

As a Reiki Master, Ordained Minister, Certified Neuro Linguistic programming (NLP) Practitioner, holding a bachelor's degree in Metaphysical Sciences, and certified in the holistic healing practices and hypnotherapy, Jen uses holistic treatments and techniques to help each person heal their body, mind, soul, and life experiences.

Learn more about [Jen Casper](#)

