



**Series runs
September 2022 -
May 2023**

Eight 3-hour Zoom sessions alternate with seven 2-hour Zoom sessions focused on small group work.

Cost: \$1400

**Details & dates
online at**

www.breadoflife.org

Call: 916- 648-1803

“The shadow material offered by Sandra and Don in the Deepening Shadow class has been transformative for me. As I continue to absorb and process all that this year long class has offered, I find a deepening awareness of the way the different manifestations of the shadow move and live in my directees.”

*-Paul Harkness
2021-2022 participant*

Spiritual Direction

In a Time of Deepening Shadow

with
Don Bisson & Sandra Lommasson

This is a 9-month practicum for experienced spiritual directors “beyond the beginnings” who are working with a range of directees. Sessions will be held on Zoom

What to expect:

- Framing topics for mutual consideration on the encounter with darkest shadow.
- Reflecting on our own experiences.
- Reading assigned works related to topics at hand.
- Integrating content with life experience in oneself & in accompanying directees.
- Participating in small group work engaging case work, consultation and supervisory considerations.



Themes Explored Include:

- The Good, the Deeper Good and the Deepest Good
 - Dimensions of Shadow: Personal, Collective, & Archetypal
 - The Dynamics of Projection in Evil
 - The Dark Seduction of Addictive Process
 - Personal Trauma & the Experience of Evil
 - Evil in Collective Trauma and Cultural Shadow
 - The Dark Side of Religion and Secularism
 - Distinguishing the Darkness of Evil & the Darkness of the Soul
 - Integration
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Don Bisson, FMS is a widely respected spiritual director and specialist in the training, formation and supervision of spiritual directors. He serves in leadership in his Marist Brothers community and has graduate degrees in liturgy, spirituality, and transpersonal psychology.

Sandra Lommasson, Bread of Life founder, has been forming and supervising spiritual directors since 1996 through Bread of Life and other formation programs.

