

Life inside and out of the matrix – spiritual therapy approach

Danny Shandor

Tel Aviv University, Israel

We live in a matrix. Most of the time we are not aware of it. We think that what we refer to as “here and now”, is actually the whole existing reality. Living such life is living in total darkness. Apparently, our life is much richer and much more complexed. Much more then we can imagine. The first step is to realize that we have a spirit. We know about body and we know about soul. Spirit is unfamiliar to the most of us. Our spirit is ancient. It existed long before we were born and will continue its journey. Long after our current body will die. Our spirit carries a mission. Finding out what that mission is and implementing it, will bring inner joy and feeling of fulfillment. In the workshop we will explore our missions and try to get closer to them. We will meet the inner truth, that nothing happens by chance and everything has a reason. We will try to sense how the world out of the matrix works and get closet to inner balance and inner joy which should be our focus in this period of life.

Biography

Danny Shandor has completed her bachelor's degree in psychology and pedagogy at Haifa University and also has completed a strong healthcare services professional with a master's degree focused in Clinical Psychology from Tel Aviv University. With lots of expertise and experience in his career from 1983, he is now working as an experienced psychotherapist and group leader in private practice with a demonstrated history of working in the mental health care industry.

shandordan@yahoo.com