

## **An Introduction to the Life Skills Seminars**

The word "patient" is derived from the Latin word "pati," which means "to suffer." In ancient times, a person who was ill and in pain could do little else. Modern medicine has come a long way since then, and today it is called a "miracle science." As a result, doctors are often looked upon as being fully responsible for the health of their patients. People go to their doctors expecting that the physician and the treatment will do all of the work.

What exactly is the patient's role? Life Skills are techniques that provide the answer to this question by helping the patient to create a healing environment within. They uncover the potential of one's "inner resources," revealing an experience of contentment and well-being. They enhance the ability to heal. This is what you will learn in a Life Skills Seminar.

Life Skills strengthen experiences that already exist within you. At this moment, you possess the inner resources you need to fully participate in healing. These skills simply open the door to your inner resources, providing the practical means to be aware of and to utilize your human potential in a more focused and effective way.

It is common knowledge that physical and mental pain often accompany the healing process. It is less commonly known, however, that only when a person submits to pain does "suffering" exist. Life Skills change your relationship to pain. Being a "patient" doesn't mean you have to "suffer." Seminar participants say that the techniques help them to experience a confident, powerful feeling within - that the techniques have helped them to reduce suffering and gather inner strength. Life Skills are presented here so that you, too, can enjoy their benefits and participate fully with your doctor in the healing process.

The "partnership theory" between doctor and patient has not been fully explored in our society. This is largely because so many patients are unaware of the powerful healing resources within them. Life Skills practically demonstrate that every living person has real inner potential and is capable of using it. They create the ideal conditions for healing - allowing patient and doctor to work together in the healing process.

If you are interested in taking the Life Skills Seminar, you may sign up on the book promotion page. You will learn the life skills that help you to connect to your Center and participate in healing as a partner.

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Marc Lerner has done extensive work with Veterans Groups with his Life Skills Seminars.