



# *Light on addiction*

*exploring the healing wisdom of body-mind-spirit*

*28th August, 2019*

Multi-purpose Hall, CCM (Council of Churches Malaysia)

WORLD COMMUNITY FOR CHRISTIAN MEDITATION (MALAYSIA) WORKSHOP





Addiction is a powerful, self-destructive force that blocks light and freedom. Trapped by particular obsessions and compulsions which consume our life energy, we become our own worst enemies . . .

All of us are addicted in one way or another though we may not acknowledge or be conscious of this reality. The same processes responsible for addiction to alcohol and narcotics are also responsible for addiction to control, success, work, money, power, love, hand phones, video games, achievement, approval, relationships and an almost infinite variety of things.

In his book on addiction, psychiatrist Gerald G May asserts unequivocally,

*“All people are addicts and addictions to alcohol and other drugs are simply more obvious and tragic attachments than others have.”*



Regarding those who wish to help those struggling with addictive behaviour, former psychotherapist, Ann Wilson Schaef, so rightly points out, “The people who can be trusted the most are those who can honestly say, ‘I know how you feel because I have been there myself.’”

Most recovery programmes emphasise the social-psycho-spiritual aspects of care but fail to give adequate attention to the physical dimension. Besides input sessions on critical questions related to addiction, this workshop will explore ways in which body, mind and spirit work together towards health, freedom and wholeness through yoga and meditation. It will be partly experiential so participants need to bring a yoga mat or large towel for use at the event.

Workshop facilitator, Fr Joseph Pereira, studied yoga for decades under legendary yoga teacher, BKS Iyengar. Drawing on brilliant Iyengar insights into the science and spirituality of the body, he will share the body’s profound wisdom by way of introducing simple restorative yoga postures specially designed to help overcome the bondage of addiction.

Fr Joseph Pereira comes from Mumbai, India. He is founder-director of Kripa Foundation, a non-governmental organisation dedicated to care and rehabilitation in the areas of alcohol and substance addiction and HIV/AIDs. He has received numerous awards for his contributions in this field including the prestigious Padma Shri Award in 2009 and Lifetime Achievement Award in 2014. ‘The Circle’, a documentary about his use of the transformational power of yoga to help street children struggling with drug addiction, won the Special Jury Mention Award at the Jaipur International Film Festival and Best Documentary at the Delhi International Film Festival in 2018. Kripa Foundation has numerous rehabilitation centres across India and collaborative centres in Canada, Germany and the USA.

**Place** Multi-purpose Hall, CCM (Council of Churches Malaysia),  
26 Jalan Universiti, Petaling Jaya, Selangor

**Date** Wednesday 28<sup>th</sup> August 2019

**Time** 8.00am – 5pm

**Fee** RM50 (inclusive of lunch and two teas)

**Closing date for registration: 15th August 2019**



#### Fee payment

Payment in favour of WCCM Malaysia is to be deposited directly into the **WCCM Malaysia MAYBANK account (A/C No: 514187358320)**. Payment is non-refundable except in the event of an emergency. However those who cancel their registration may find replacements.

#### Registration

If you wish to register for the workshop, please fill in registration form below and email it with copy of bank-in-slip to Judith Lee (**wccmmalaysiaschool@gmail.com; 012-2829018**).  
**You can also register at this link: <http://bit.ly/loaug2019>**

#### For further enquiries contact

Niloufer Harben (**harbenniloufer@gmail.com; 014-3349837**)

Anita Matthews (**anitadm@gmail.com; 012-2770568**)

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### REGISTRATION FORM

Name \_\_\_\_\_

Organisation (if you are representing any) \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Special dietary requirements \_\_\_\_\_

Date \_\_\_\_\_