

# *Dying and Rising: Experiencing Transformation through Ancient Stories and Modern Practices*

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A "Music & Message" workshop by Sheri Kling

**Length:** 90-120 min overview to several hour in-depth program



## **Description:**

In the last few years, aided and abetted by both external events and internal awakenings, singer, songwriter, spiritual sojourner and public speaker Sheri Kling has undergone radical spiritual and psychological transformation. Along the way, she discovered riches and guideposts buried in ancient wisdom and sacred stories as well as in her everyday spiritual practices and encounters with nature. Through inspiration in the writings of Joseph Campbell and Clarissa Pinkola Estes and by working with the stories of Psyche, Jesus, Inanna, Abraham – and others – Sheri found that she was being led through a process that she could trust – and would come out reborn on the other side.

By attending this workshop, participants will:

- Hear Sheri's personal story of radical transformation illuminated through her "heart-rooted and spirit-seeking" music
- Learn about eight stories and various published resources that can assist in an individual's psychological transformation or individuation process as well as their spiritual journey
- Explore ways individuals can open up space in their lives to invite rich, spiritual experience and identify four categories of practices that foster awakening and passion for their journey

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## **References:**

*What a treat to hear your music! It is rich and powerful, capable of moving people to action and tears. There were so many people who spoke to me of their appreciation for your music. I heard great things about your workshop. It is wonderful to have you as a friend of Mary & Martha's Place. We look forward to future collaboration.*

~ Rebecca Parker, Program Developer, Mary & Martha's Place, St. Dunstan's Episcopal Church, Atlanta, GA

*Sheri has performed at The Listening Room at Dreamcatcher Guitars on three occasions. Her performances are always upbeat and engaging. She performs with confidence and engages the audience with interesting stories about the songs she has written. Her presentations are always professional and uplifting. I would highly recommend Sheri as a performer and workshop leader.*

~ Eddie Mathis, The Listening Room at Dreamcatcher Guitars

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## **Bio:**

For many years, Sheri Kling juggled her "day job" as a marketing professional with the work she loved – being a performing singer/songwriter. Around the time she released her CD "Let It Unfold" in late 2002, Sheri also started dreaming of a new life. And you know what they say – "Be careful what you wish for!" – because in May of 2003, Sheri found herself another statistic in the world of technology downsizing. Deciding to view this development as a much-needed Divine kick in the pants, Sheri followed the call into the heroic journey of building the life she'd always dreamed of – one that is centered in music and performance. In concerts and workshops, Sheri uses her heart-rooted and spirit-seeking music and story to share common truths about the journey toward wholeness and passionate, authentic living. Sheri has now released three CDs, is president of her own record label and production company, HeartSprings Music, and is also a producer and organizer of the Mythic Journeys 2004 conference honoring the centenary of Joseph Campbell as well as the upcoming 2006 conference. Her website is [www.sherikling.com](http://www.sherikling.com).

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*It's impossible to feel anything but good while listening to Sheri Kling's new release "Let It Unfold."*  
~ Indie-Music.com