



Leslie Ihde

- ~ Spiritual Mentoring
- ~ Meditative Self-Inquiry
- ~ Writing Practice
Inspired by Basho
- ~ Private Sessions
- ~ Small Themed Groups

Imagine Socrates is the therapist with whom you discuss your woes. You sit down under an olive tree and pour out your heart. Socrates listens and inquires. He asks you about the dream you had last night, and questions each image as you describe it. You explore through conversation. Finally you ask, "What am I, then? What is this mystery that I both am and see?" You question with your mind/soul, calling on the spirit of both Buddha and Socrates.

This is the session that I would like to have with you—the session that lies past psychotherapy to seek the peace that abides beyond joy and sorrow.

The Dewitt Building
215 N. Cayuga St.,
Suite 223
Ithaca, NY 14850

www.spiritualself-inquiry.com

607.754.1303