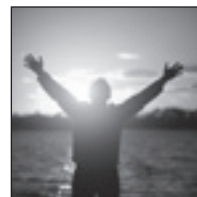


# 2015 WINTER/SPRING/SUMMER EDUCATION CATALOG



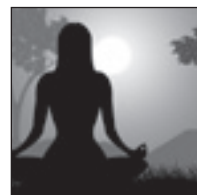
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**Register at [SpiritualLiving.org/Classes](http://SpiritualLiving.org/Classes)**

5801 Sand Point Way NE Seattle WA 98105

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Rev. Kathianne Lewis, DD

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Karen Ramsey, RScP  
Carrie Sjaarda

Laurie Sorenson RScP  
Laura Thomas, MA, LMHCA  
Rev. Heather Venegas  
Heather Weldon, RScP  
Suzanne West, RScP



## Winter Welcome

As the days grow shorter and the nights become longer in winter, I feel myself naturally drawn to spiritual reading and study. It's a great time to join with others in spiritual study by taking classes at CSL, classes filled with practical applications of spiritual principles. Classes provide a way to build strong friendships and become part of a lively community.

Ever wonder where to start? Take a look at the next page for classes that we recommend as your Pathway for Spiritual Growth. The graphic on page 3 depicts the sequence for taking Core Classes that can lead you to Practitioner Training or to Continuing Education for those not desiring to become practitioners. Each class holds the keys for understanding spiritual principles that, when applied to your life, opens you up to more joy, abundance, and wisdom.

If you are new to our community, I recommend starting with the foundational class called Beyond Limits: Living a Thriving Life described on page 4. We are kicking off a new payment program for our 3 Core classes Beyond Limits, Spiritual Practice, and Self Mastery, called "Pay What You Will." You determine the value of the class for you, and pay a tuition amount that is right for you. More about this on page 4. Rev. Kathianne's iFlourish: Intentions Workshop 2.0 on January 10 offers a wonderful way to select a personal theme as we embark on a new year. Rev. Kathianne will also be teaching a new teleclass called What Would Jesus Do? See more about it on page 7.

Check out our Spirit at Work ministry with its many interesting offerings through the Better Business Breakfast and Lunch series, as well as the Wealth Now ministry's Monthly Salons the third Sunday of each month.

If you are looking for guidance in your spiritual studies, you can find me by the Education Table in the Lobby after each service on Sundays and Wednesdays. I love to connect people to their next perfect course along with hearing about how your class experiences are enhancing your life.

Blessings to you,

Rev. Debora Gay  
Director of Education  
206-527-8801 ext. 5107  
DeboraG@SpiritualLiving.org

## **CSL EDUCATION MINISTRY**

Providing learning environments steeped in Principles and Practices that ensure a deeper connection with Spirit and a fuller experience of life.

## **Stay Connected**



[Facebook.com/CenterforSpiritualLiving](https://www.facebook.com/CenterforSpiritualLiving)



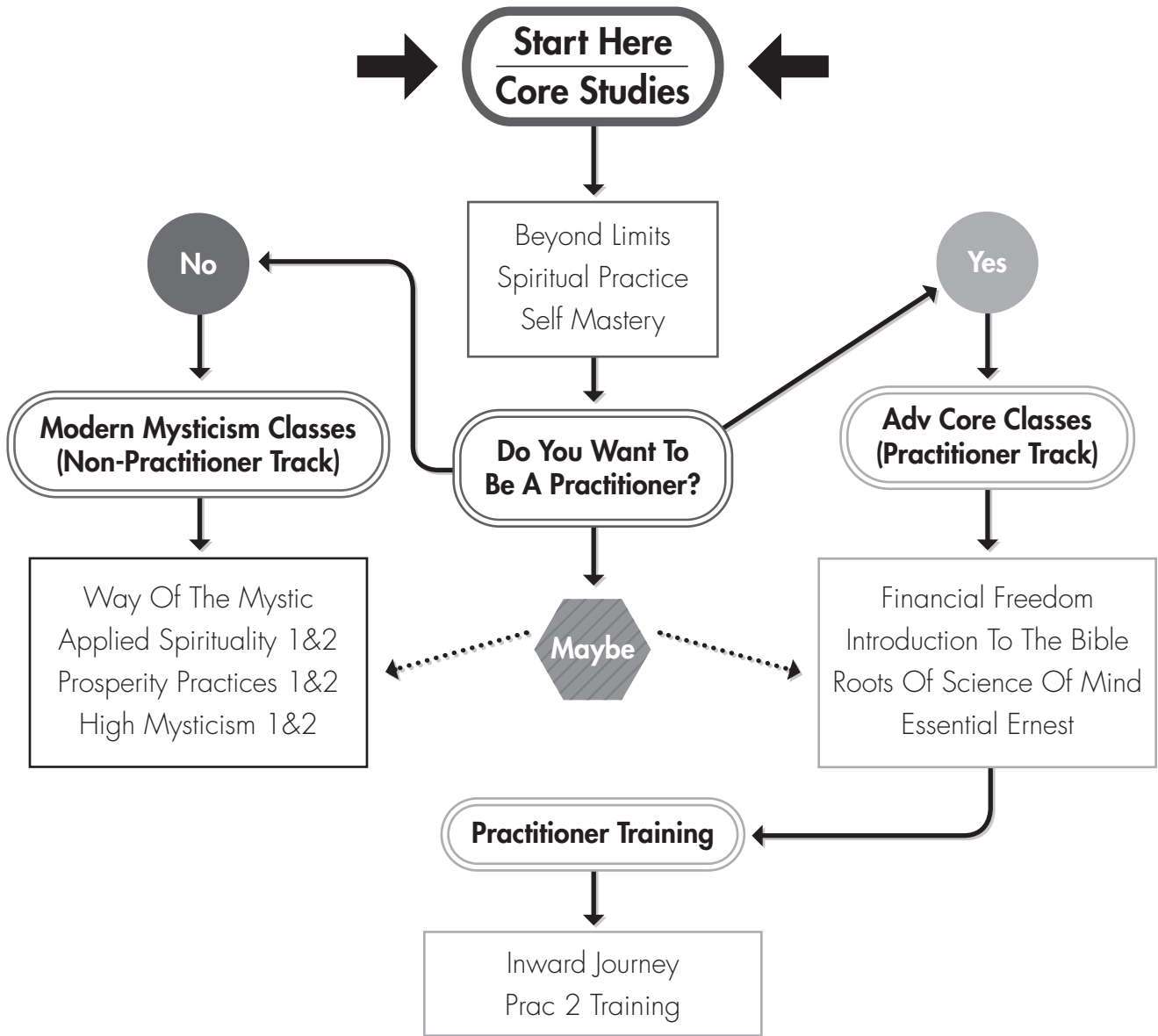
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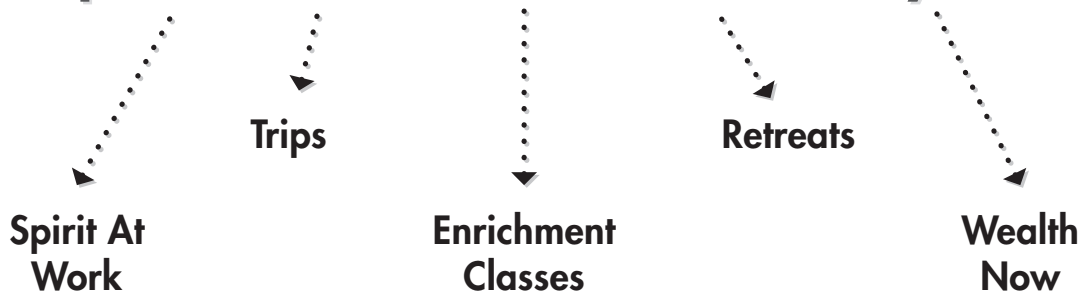
[SpiritualLiving.org/cslseattle-app](https://spiritualliving.org/cslseattle-app)

**Watch the TALK Live each Sunday:**  
[SpiritualLiving.org/watch-listen](https://spiritualliving.org/watch-listen)

# Pathways of Core Spirituality & Mystic Studies



## Spiritual Education is for everyone



Core Spirituality Study gives you a comprehensive understanding of our Core Concepts. You will have a new way of seeing yourself individually and in the world, with an always available tool kit of essential spiritual principles and practices to apply to your daily life.

## "PAY WHAT YOU WILL" PROGRAM

A new payment program is beginning for Beyond Limits, Spiritual Practice, and Self Mastery classes. You pay the level that is right for you! The retail value of each course is \$225. You pay a \$15 materials fee when registering and complete a Class Commitment Fee form during the first class when you list your commitment for a total class fee. Please register in advance.

## Beyond Limits: Living a Thriving Life

Start Here

Sometimes the only thing limiting us is our belief in limitations. What beliefs are blocking you from doing the things you love most in life? In Beyond Limits you will learn how to get past limiting thoughts to live the life you really want. Through experiential classwork, use of affirmative prayer, and sharing with a small group of fellow students, you will support your ability to live a more thriving life. This course is prerequisite for CSL membership as well as many classes, retreats, and trips.

### Winter

Sun, 1/18 – 3/22, 1:30 – 4:30pm

Instructors: Cathy Lindsay, RScP, Jen Hannah, RScP, and Kathy Galvin, RScP

Room: Sanctuary

Materials Fee: \$15 (paid at time of registration)

Class Commitment Fee: You determine at class start.

Retail value = \$225

### Spring

Tue, 4/28 – 6/30, 6:30 – 9:30pm

Instructors: Cathy Lindsay, RScP, Jen Hannah, RScP, and Kathy Galvin, RScP

Room: Celebration Hall

Materials Fee: \$15 (paid at time of registration)

Class Commitment Fee: You determine at class start.

Retail value = \$225

## Spiritual Practice

Daily connection with Spirit creates an inward strength that can help you live with more Ease, Peace, Grace, and Love. But what type of practice works best for you? This class is your prayer lab, where you get to test different types of meditation and learning tools to discover your preferred daily spiritual practice. You'll also build on the Affirmative Prayers skills learned in Beyond Limits by doing treatments for yourself and others. **Prerequisite: Beyond Limits**

### Winter

Tue, 1/27 – 3/31, 6:30 – 9:30pm

Instructors: Rev. Harold Costa and Diann Durbin, RScP

Room: Sanctuary

Materials Fee: \$15 (paid at time of registration)

Class Commitment Fee: You determine at class start.

Retail value = \$225

### Spring

Sun, 4/26 – 7/5 (no class 5/24), 1:30 – 4:30pm

Instructors: Diann Durbin, RScP, and Candace Crowley, RScP

Room: Sanctuary

Materials Fee: \$15 (paid at time of registration)

Class Commitment Fee: You determine at class start.

Retail value = \$225

## Self Mastery for Intentional Living

Ever snap at your spouse or co-worker and immediately regret it? Or wish that you could communicate with your mother in a quiet voice with more compassion? Self Mastery focuses on personal change, helping students deepen in Love, Trust, Forgiveness, and connection to the One. Using sweet reason from The Four Agreements, Nonviolent Communication, and other resources, Self Mastery students will be able to act with integrity in even the most trying circumstances. **Prerequisite: Beyond Limits. Completion of Spiritual Practice before taking Self Mastery is recommended.**

### Spring

Tue 4/28 – 6/30, 6:30 – 9:30pm

Instructors: Rev. Debora Gay and Rev. Barbara Novak

Materials Fee: \$15 (paid at time of registration)

Class Commitment Fee: You determine at class start.

Retail value = \$225



## Membership Class

Have you considered becoming a Member of the Center for Spiritual Living? If you passed Beyond Limits, you are eligible to become a Member here at CSL! In the Membership Class, we'll talk about the commitment to 5 Spiritual Practices that members are asked to make: Prayer, Meditation, Sacred Service, Gracious Giving, and Spiritual Study. You'll also get an opportunity to meet other new members and learn more about our community.

### Winter

Sun, 3/29, 1:30 – 4:30pm  
Instructor: Diane Bell  
Room: Netta Holmes  
Free! Please register in advance.

### Summer

Tue, 7/7, 6:30 – 9:30pm  
Instructor: Diane Bell  
Room: Thomas Troward  
Free! Please register in advance.

## Introduction to the Bible

Bible? No. Thanks. Heard about it—don't care to know more. That's the gut reaction for many of us when Bible study comes up. But this class is not your ordinary Bible study—it looks at the story primarily from a psychological perspective. Imagine viewing Adam and Eve as symbolizing the birth of your own ego, and the rest of the stories as metaphors for the evolution of your unique personality. Then you'll have some idea why so many have called this the most unique and fascinating Bible class they have ever taken.

### Winter

Thu, 2/5 – 3/26, 6:30 – 9:30pm  
Instructor: Michael Bogar, MDiv, ThM  
Room: Thomas Troward  
Tuition: \$195 till 8pm Sun, 2/1. \$225 after.

### Summer

Thu, 6/18 – 8/13 (no class 7/2), 6:30 – 9:30pm  
Instructor: Michael Bogar, MDiv, ThM  
Rm: Thomas Troward  
Tuition: \$195 till 8pm Sun, 6/14. \$225 after.

## Financial Freedom

What convictions and attitudes do you have about money? Could some of these thoughts be blocking the way to your ultimate prosperity? Set yourself free and let Spirit lead the way! Learn how to step through your restrictive beliefs and create a personalized spiritual practice that puts the nature of Spirit to work boosting your Financial Future.

**Offered next: Spring 2015**

## Prosperity Through Circulation Practices

Be part of an in-depth exploration of the practices of Circulation: Gratitude, Giving, Receiving, Forgiveness, and Asking. Practice Radical Circulation through study, discussion, journaling, and exercises designed to get rid of the kink blocking the flow of Good in your world. If you are ready to experience and express Prosperity in all areas of your life, sign up for this 6-week foray into the flow of Circulation!

### Winter

Thu, 2/5 – 3/12, 6:30 – 9:30pm  
Instructor: Rev. Heather Venegas  
Room: Ernest Holmes  
Tuition: \$126 till 8pm Sun, 2/1. \$141 after.

## Exploring the Roots of Science of Mind

In this class we explore the writings of three giants in the early New Thought Movement: Ralph Waldo Emerson, Judge Thomas Troward, and Emma Curtis Hopkins. You'll get an understanding of the historical roots of Ernest Holmes' philosophy, as well as make these ideas personal to your life. We'll savor with pure enjoyment the richness of the work of these three great writers. **Prerequisite: Beyond Limits**

### Spring

Thu, 4/16 – 6/25 (no class 6/11), 6:30 – 9:30pm  
Instructors: Rev. Debora Gay and Laurie Sorenson, RScP  
Room: Oak (in portable South of Celebration Hall)  
Tuition: \$195 till 8pm Sun, 4/12. \$225 after.

## Essential Ernest - TELECLASS

Ernest Holmes studied many spiritual teachings and he actively applied this wisdom in his own world and time. Essential Ernest helps today's students to continue this outward practice by deeply discussing the works of Ernest Holmes and applying the teachings in their daily lives and society at large. This is a teleclass, so you can participate from wherever you are each week, at a campsite or in your jammies!

**Prerequisites: Completion of Beyond Limits, Spiritual Practice, and Self Mastery.**

### Summer

Thu, 7/9 – 9/17 (no class 8/20), 6 – 7pm  
(Prior to the first class, you will be sent dial-in instructions for this teleclass.)  
Instructor: Rev. Debora Gay  
In-Person Classes: Sun 7/12 & 9/13, 1– 2:30pm  
Room: Thomas Troward  
Tuition: \$150 till 8pm Sun, 7/5. \$180 after.

Inward Journey of Spiritual Maturity and Professional Prayer Practitioner Training are year-long courses, each beginning in September and ending in May.

For Inward Journey, Beyond Limits, Spiritual Practice, Self Mastery, Introduction to the Bible, Financial Freedom, Roots, Essential Ernest, and Membership are prerequisite.

For Professional Prayer Practitioner Training, Beyond Limits, Spiritual Practice, Self Mastery, Introduction to the Bible, Financial Freedom, Roots, Essential Ernest, Inward Journey, and Membership are prerequisite. If Prayer Practitioner Training interests you, please meet with Rev. Debora Gay for guidance as you embark on your journey.

Prerequisites for Advanced Studies are offered on a revolving basis. This planner will assist you in scheduling all of the requirements for advanced studies.

Your education team is here to support you with information and guidance as you embark on this journey.

- Rev. Debora Gay, Director of Education  
DeboraG@SpiritualLiving.org  
206.527.8801 ext. 5107
- Kimmi Hansen, Registrar  
KimmiH@SpiritualLiving.org  
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- Susan Latta, Administrative Assistant  
SusanL@SpiritualLiving.org  
206.527.8801 ext. 5103

For more info, go to [SpiritualLiving.org/Inward](http://SpiritualLiving.org/Inward)

## CORE CLASS PLANNER

### YEARLY SCHEDULE FOR CORE SPIRITUALITY COURSES

#### OFFERED EVERY FALL

Beyond Limits: Living a Thriving Life  
Self Mastery for Intentional Living  
Spiritual Practice

#### OFFERED EVERY WINTER

Beyond Limits: Living a Thriving Life  
Introduction to the Bible  
Spiritual Practice

#### OFFERED EVERY SPRING/SUMMER

##### Spring:

Beyond Limits: Living a Thriving Life  
Financial Freedom  
Exploring The Roots of The Science of Mind  
Self Mastery for Intentional Living  
Spiritual Practice

##### Summer:

Essential Ernest  
Introduction to the Bible

## Inward Journey – Fall 2015

Are you ready to challenge yourself to a deeper love, practice, and expression of the Science of Mind and Spirit? Inward Journey is devoted to advancing spiritual awareness and exploring your relationship to the Universe. It is designed to prepare you to live more fully and purposefully. This course focuses on deepening your knowledge and understanding of the Science of Mind as taught by Ernest Holmes and Emma Curtis Hopkins. During this time you will develop a deeper practice of the application of living a conscious life for the benefit and blessing of yourself and others, as well as become aware of what needs to be cleared in your own consciousness as you begin to apply your spiritual understanding to all human conditions. **Prerequisites: Beyond Limits, Spiritual Practice, Self Mastery, Introduction to the Bible, Financial Freedom, Roots, Essential Ernest, and Membership.** Exemptions or equivalents may be granted by the instructor.

## Professional Prayer Practitioner Training: Fall 2015

This training focuses on the consciousness, skills, and responsibilities of the Professional Prayer Practitioner, the principles we teach, and the process in healing, as well as a Practitioner's relationship to the church, the community, and the world.

Students will learn the skills necessary to be proficient in working professionally with clients along with the foundations of setting up a professional practice. Students will also have the opportunity to expand their own vision of life as a Practitioner, not only as a one-on-one client practitioner, but also as "being a Practitioner" relates to the world and the collective transformation occurring in our spiritual evolution. **Prerequisites: Beyond Limits, Spiritual Practice, Self Mastery, Introduction to the Bible, Financial Freedom, Roots, Essential Ernest, Inward Journey, and Membership.**



*If you want to know God, this program is for you. You will be taught daily practices and have spiritual experiences which will provide greater understanding of your spiritual nature.*

– Rev. Kathianne Lewis, DD

These courses are based on the works of Emma Curtis Hopkins. Included are Applied Spirituality I & II, Emma's Gems, High Mysticism I & II, Bible Translation series, Inward Journey, and What Would Jesus Do?

### Applied Spirituality I

You may have heard this phrase before: Name your Good. What does this mean? It's about believing you are a good person and have a right to all the Good in your life. By studying the teachings of Emma Curtis Hopkins, you will develop a spiritual practice that focuses on claiming and living your Good - without exception!

**Prerequisites:** Beyond Limits, Spiritual Practice, Self Mastery, or permission of instructor.

#### Winter

Thu, 2/19 – 3/26, 6:30 – 8:30pm

Instructors: Candace Crowley, RScP and Heather Weldon, RScP

Room: Netta Holmes

Tuition: \$150 till 8pm Sun, 2/15. \$170 after.

### Emma's Gems

Introduction to modern mystic Emma Curtis Hopkins' teachings through symbols, colors, and the twelve gems, Emma's "touchstones." In each of four classes, three lessons of the twelve principle practices, using symbols, color and their gemstones, will be covered. The class is visual and active, crafting a finished gemstone piece of jewelry to wear or to display. Skills: meditation, prayer infusion, wire wrapping.

#### Winter

Sun, 1/25 – 2/15, 1:30 – 4pm

Instructor: Joy Abbey-Adams, RScP

Location: Private home near CSL Address will be provided before the Start of Class.

Tuition: \$75 till 8pm Sun, 1/18. \$95 after.

### High Mysticism I – Morning & Evening Classes

High Mysticism is an invitation to have a more expanded experience of God and a fuller expression of life. Using the teachings of Emma Curtis Hopkins, we will practice her suggestions for going deeper, rising higher, and generally having heart-opening and mind-expanding experiences of life.

**Prerequisites:** Applied Spirituality I and II, or Prosperity Practices I and II, or permission of instructor.

#### Spring

Mon, 4/27 – 5/18

**Mornings:** 10am – 12pm & **Evenings:** 6:30 – 8:30pm

Instructor: Rev. Sharon Ramey

Room: Thomas Troward

Tuition: \$116 till 8pm Sun, 4/19. \$136 after.

### Way of the Mystic

Many of our courses help you move negative thoughts and beliefs out of the way to increase your connection to Spirit. This course continues that work while shifting you into a much different experience of the Divine. Beyond connection you will find Being – feeling the flow of Spirit within yourself and operating in your life through and as you. The works of Joel Goldsmith and St. Teresa of Avila (Carolyn Myss' book, *Entering The Castle*) assists us to open to living as a Mystic.

**Prerequisites:** Beyond Limits, Spiritual Practice, and Self Mastery.

#### Winter

Mon, 2/23 – 4/27, 6:30 – 9:30pm

Instructors: Rev. Debora Gay and Rev. John Halas

Room: Oak (in portable south of Celebration Hall)

Tuition: \$210 till 8pm Sun, 2/15. \$240 after.

### What Would Jesus Do? Teleclass Ancient Wisdom for Everyday Issues

Based on Emma Curtis Hopkins' Bible Interpretations of the Gospel of John, this class is rich with Holy Wisdom. In the first class, Rev. Kathianne will reveal her take on John's Gospel, why it's different, and why it matters. This is a course in Spiritual Development where Jesus' Life Story will be used to advance and enhance your own. You'll learn:

1. What to do when you're stuck
2. What to say to yourself when you really flubbed up
3. How to turn failure into victory, and what may have contributed to that failure
4. Kathianne's favorite, quick and easy way to alleviate pain

#### January – June 2015

Twice a Month: Jan 11 & 25, Feb 8 & 22, Mar 8 & 29, Apr 19 & 26, May 3 & 17, Jun 14 & 28, 7 – 8pm

Tuition: \$180 till 8pm Wed, 12/31. \$220 after.

These joy-enhancing courses supply you with an opportunity to explore, discover, and grow in all parts of your life. Spirit resides everywhere and these classes and workshops provide many different ways to play with the Divine!

## Activating Your 12 Spiritual Powers

Ancient wisdom of the Middle East taught that all of us were born with 12 "powers" located in the body that could be activated with thought and used to help us thrive in all ways. These powers, when recognized and called into action, bring health and healing to every area of your life, especially the body.

### Winter

Wed, 3/4, 7 – 9pm

Instructor: Rev. Kathianne Lewis, DD

Room: Celebration Hall

Tuition: \$25 till 8pm Sun, 3/1. \$35 after.

## Aging and the Spiritual Life

Looking at what it means to "get old," and how so much of that is a mindset, as well as the spiritual advantages of getting older. It would be a balance between learning to maintain a youthful mentality while simultaneously entering this stage of life with a view to seeing the genius and the necessity of it for the spiritual journey.

### Winter

Tue, 2/24 – 3/31, 6:30 – 8:30pm

Instructor: Michael Bogar, MDiv, ThM

Room: Thomas Troward

Tuition: \$86 till 8pm Sun, 2/15. \$106 after.

## Art Journaling As A Spiritual Practice

Art journaling is for everybody with a desire to explore and practice intuitive self-expression. You will learn to recognize how intuition speaks to you, how to access it in daily life, and then let your body wisdom speak through your paintbrush. Sometimes our best insights come through when we're not thinking so much as expressing! This class is for anybody – from those who have never picked up a paintbrush to the accomplished artist.

### Winter

Mon, 3/2 – 3/23, 6:30 – 9pm

Instructor: Kate Elliott, RScP

Room: Sanctuary Flatlands

Tuition: \$75 till 8pm Sun, 2/22. \$95 after.

## Emotional Mastery 101 – The Language of Emotions

Our emotions are neither positive or negative, nor good or bad! They are here to inform us and it is what we DO with them that powers them with either a positive or negative impact. If you would like to understand your emotions and manage them in ways that better serve you, your environment, and your world, then this class is for you. Join Rev. Barbara on a journey of self-discovery, self-revelation, and self-mastery that will cultivate your emotional intelligence and enhance your life. **Prerequisite: Beyond Limits or permission of instructor.**

### Winter

Thu, 2/5 – 4/9 (no class 2/19 & 3/26), 6:30 – 9pm

Instructor: Rev. Barbara Novak

Room: Oak Room (portable south of Celebration Hall)

Tuition: \$138 till 8pm Sun, 2/1. \$168 after.

## Hell and the Underworld: Literal, Symbolic or Nonexistent?

Mark Twain said: "Go to Heaven for the climate and Hell for the company." The ideas of Hell and the Underworld exist in every mythology: Pagan, Egyptian, Hindu, Buddhist, Jewish, Christian, Muslim, Greco-Roman, Native American, Secular, etc. This class will explore why this is so. Practically, we will explore:

- How we enter the underworld through our personal relationships
- How we enter the underworld through our dreams
- How to address the pain of our own "hellish" thinking
- Ideas about justice and judgment after death
- Praying for our deceased loved ones

Instead of living in fear or ignorance, let's examine the psycho-spiritual reasons that humans in every culture rediscover and wrestle with this universal psychological phenomenon.

### Winter

Tue, 4/7 – 5/5, 6:30 – 8:30pm

Instructor: Michael Bogar, MDiv, ThM

Room: Thomas Troward

Tuition: \$74 till 8pm Sun, 3/29. \$94 after.



## iFlourish

### INTENTIONS WORKSHOP 2.0

set yourself up for the best year of your life (so far).

Why 2.0? Because Kathianne will be adding some new processes to enhance the content of the Intentions Workbook.

At this workshop you will:

- Discover your "why" or purpose
- Discover the one belief that keeps you stuck in the past and develop a program to release it
- Come up with personal intentions that support a flourishing life
- Meet great people
- Create a plan for intentional success

#### Winter

Sat, 1/10, 10am – 4pm

Instructor: Rev. Kathianne Lewis, DD

Room: Celebration Hall

\$90 till 8pm Sun, 1/4. \$110 after.

## Bible II: Watching God Become an Adult

This class will provide a Jungian-depth psychological look at Jesus, the New Testament, and some of the Gnostic Gospels like Mary Magdalene and Thomas. Once again we will approach the Bible as a story about our own psycho-spiritual development. Each archetypal biblical character, situation, and idea can be found in our current relationships, emotions, and life challenges.

#### Spring

Thu, 4/9 – 5/28, 6:30 – 9:30pm

Instructor: Michael Bogar, MDiv, ThM

Room: Ernest Holmes

Tuition: \$195 till 8pm Sun, 4/5. \$225 after.

## Is Being Empathic Exhausting or a Blessing?

Do you feel affected by or sensitive to other people's feeling and emotions? Have you ever found yourself feeling sad or confused, for no apparent reason? Do you or others think you are a highly sensitive person? Understand your gifts as an Empath and how to experience Wholeness in yourself and others! Learn and practice specific tools that WILL change your life for a greater Good!

#### Winter

Mon, 3/30 & 4/6, 6:30 – 9pm

Instructor: Rev. Harold Costa

Room: Sanctuary

Tuition: \$40 till 8pm Sun, 3/22. \$50 after.

### STUDENT SPOTLIGHT: ALEX PERLMAN



Alex brings an enthusiastic commitment to his spiritual study. "I work on myself so I can become, consciously, the vessel that God wants me to be. I work this on three levels – spiritual practice, education, and making sure I'm ready to be right-sized."

For Alex, 'right-sizing' is consciousness expansion through spiritual study. "As we exercise the consciousness muscle we see different ways to use it. At work, at home, in community activities – we take it wherever we go." His spiritual learning is also purpose driven. "It gives me tools I can use to make a difference in lives – mine and others."

As a current student in Practitioner Training, does he see this as the last step on his spiritual education path? "I consistently check in with my Self and ask if there is more for me to study or am I grown. The small voice, so far, has always said "there's more to learn."

I am  
the beLOVED.  
Community

## Seabeck 2015

### Sun Aug 16 – Sat Aug 22

### REGISTER NOW!



## Not Far From The Family Tree

Our lives today are often at the effect of our family history – shaping our thinking, behaviors, and predispositions. Come uncover and map the beliefs, habits, addictions, and behaviors in your family tree. Together we will face, challenge, and change them for greater success, freedom, and happiness.

### Winter

Mon, 1/26 – 2/9, 6:30 – 8:30pm

Instructor: Rev. Michael Ingersoll

Room: Thomas Troward

Tuition: \$47 till 8pm Sun, 1/18. \$57 after.

## Revealing Wholeness Through Physical Challenge

Life-threatening, chronic, or debilitating conditions hold within them a deep call to embrace our Wholeness. This course will assist you in opening to a deeper sense of healing and wholeness in the midst of adversity. Each week expands on a distinct topic for using the time of physical challenge as an opening into a greater expression of Life.

### Spring

Tue, 4/21 – 6/9, 1 – 3pm

Instructor: Laura Thomas, MA, LMHCA

Room: Thomas Troward

Free. Reg by 12pm Sun, 4/19.

## Restorative Circles: Introductory Workshop

Restorative Circles help communities and organizations deal with conflict in a way that effectively meets the needs and deepens connections of those involved. This workshop teaches the elements and purpose of each part of the process and also provides a supportive environment in which to experience a restorative circle in practice.

### Winter

Sat, 3/28, 9:30am – 5pm

Instructors: Andrea Brenneke, RScP and Susan Partnow

Room: Holmes

Tuition: \$75 till 8pm Sun, 3/22. \$105 after.

## SoulCollage® as a Spiritual Practice

In this hands-on, make-and-take course, you will experience an intuitive, creative, and fun collaging process that reveals the aspects of YOU that want attention, nurturing, and recognition. Create your own starter (or expansion) deck of SoulCollage® cards representing the 4 suits: Council, Committee, Community, and Companion.

### Winter

Tue, 1/13 – 2/3, 6:30 – 9pm

Instructor: Suzanne West, RScP

Room: Thomas Troward

Tuition: \$75 till 8pm Sun, 1/4. \$95 after.



## May 15 – 17 · Rainbow Lodge

Fri 5pm – Sun 2pm

North Bend, WA

With Rev. Barbora Novak & Rev. Heather Venegas

\$298 per person, double occupancy,  
till 8pm, Sun 5/3. \$348 after

Join Revs. Barbara and Heather in a joyful weekend, gathering together in our community of loving and powerful women. Be renewed, embraced, strengthened, and celebrated as we remember, discover, and enhance our living from our centers.

During this weekend, through sharing and celebrating our inner Beauty and Grace, we will:

- Honor each other, coming from our truest self and wisest voice, through telling our stories, witnessing each other, embracing our journeys, and authoring our lives.
- Engage in self-care through movement, healing sessions, and spa treatments.
- Gather in community circles to witness and support our inner journeys and strengthen our communal connection and resources.
- Color outside the lines, designing a creative expression representing our centered authentic selves, our Divine images.

*I gained a greater depth in my belief in God and trusting in the universe.*

**Drew – Beyond Limits**

*I realized that I have the power to change my life by changing my thought in the name of spirit and trusting that all I need is already within me.*

**Jennifer – Beyond Limits**

*I have learned to embrace my power as a young person and stop discounting my experiences and knowledge because of my age. I am a powerful young woman.*

**Gloria – Beyond Limits**

*The biggest change for me is the freedom in knowing my spiritual practice doesn't have to fit anyone else's box. My authentic self and how I choose to support my spirituality is exactly how it needs to be.*

**Valerie – Spiritual Practice**

*I learned that I can grow by consistently practicing my meditations and prayers and that it feels great to be a part of a thriving community. Thanks, CSL!*

**Byron – Spiritual Practice**

*To say that 'My Good is supply, God is my Good, therefore God is my supply' is to stir the mountains and the seas to bring us our new provisions.*

**– Emma Curtis Hopkins,  
Scientific Christian Mental Practice**

*These lessons are dedicated to the Truth which frees man from himself and sets him on the pathway of a new experience, which enables him to see through the mist to the Eternal and Changeless Reality.*

**– Ernest Holmes, The Science of Mind**

*I no longer live in the shadow of the past. I am more peaceful and self-loving. I am learning to express my unconditional love to all that I encounter daily.*

**Jenifer – Self Mastery**

*I'm awake, aware, using these tools all the time. Weighing my reaction to situations and my feelings with the tools I have learned here.*

**Susan – Self Mastery**

*I learned to view the Bible in a new way. To read it from an internal perspective and see myself in it.*

**Shannon – Introduction To The Bible**

*I am more accepting of my whole process and experience. Patience with whatever I'm going through, faith that all is well.*

**Jennifer – Introduction To The Bible**

*I found the Divine and it is me.*

**Carrie – Way of the Mystic**

*When I release I receive.*

**Heather – Financial Freedom**



Spirit At Work provides you with tools for being all that you can be in your world of work and offers opportunities to network, learn, and grow as a purposeful expression of Spirit in the workplace. Workshops, Classes, Working ON Your Business forum, and Better Business Breakfasts and Lunches are designed with your success in mind. Come join us; live well and thrive!



**Don Beaty**  
Spirit At Work Lead

## **Better Business Breakfast and Lunch**

Allow the Power of Spirit to lift your business into a more expanded experience of thriving and success. Both the Breakfast and Lunch are scheduled the first Tuesday of every month, with presentations on topics that will help you in your professional growth. Come and meet other like-minded business folk as we share a great meal, a timely message, and celebrate thriving.

### **2015 Theme: Decide To!**

7am Breakfast is at the Center for Spiritual Living Fellowship Hall. 12pm Lunch at our downtown Seattle venue, 1809 7th Ave, 3rd floor Conference Room  
Tue, 1/6: Decide To – Go Big!  
Tue, 2/3: Decide To – Operate from Courage  
Tue, 3/3: March 3: Decide To – Get Clear  
Tuition: \$25 till 8pm Sun, 1/4, 2/1, 3/1. \$35 after.

## **Working ON Your Business**

Spend time each month Working ON Your Business, as opposed to working IN your business. Every first Tuesday, right after the Better Business Breakfast, you can enjoy the luxury of getting out of the office or store and working on projects that never get done while you're in the midst of your work day. This is your opportunity to direct your focus, discipline, and skills upon the growth of your business, with expert help or your own uninterrupted talents free to work or meditate.

### **Winter**

Tue, 1/6, 2/3, 3/3, 9am – 12pm  
Rooms: Thomas Troward & Legacy  
Free. Please register in advance.

## **RISING TIDE WORKSHOPS**

*John F. Kennedy said, "A rising tide lifts all boats." The Rising Tide Series of workshops is offered to you by successful entrepreneurs in order to lift you and your business into a new level of thriving. May you go out and bless the world with your success!*

### **Jan 7: So You Wanna Write?**

See details in CLASS description on pg 13.

### **Feb 4: Judgment to Discernment or From "To me" to "Through Me"**

Presented by: Don W. Beaty, President, The Summit Group  
We've spent years developing good judgment to make sure we are never guilty of bad judgment. After all, isn't that what a successful business person does? Well, I don't think so. At its simplest, judgment is simply about separation. It is about separating the "good" from the "bad" which at best leaves us unbalanced and stuck. In this workshop we're going to leave judgment and move into possibility through the use of discernment. Possibility requires discernment of choice and decision. It requires discernment in source and direction.

### **Mar 4: Activating Your 12 Spiritual Powers**

Presented by: Rev. Kathianne Lewis, DD  
Ancient wisdom of the Middle East taught that all of us were born with 12 "powers" located in the body that could be activated with thought and used to help us thrive in all ways. These powers, when recognized and called into action, bring health and healing to every area of your life, especially the body.

### **Apr 8: Claim Your Good! Own Your Numbers!**

Presented by: Gladys Gillis, CEO, Starline Luxury Coaches P&Ls, Balance Sheets, Budgets, Bankers and Accountants!!!  
It can all be so intimidating and sometimes it seems they are speaking a different language. Gladys has the key to translating this language so that this information becomes a powerful tool for the success of your business. This class will pin down the basics and then move on to a simple, empowering tool that will allow you to focus your time and energy on growing your Good through the numbers!

### **Winter Rising Tide Workshops:**

Wed, 2/4, 3/4, 4/8, 6:30 – 9:30pm  
Room: Holmes (3/4 workshop in Celebration Hall)  
Tuition: \$25 till 8pm Sun, 2/1, 3/1, 4/5. \$35 after.



**CLASSES****So You Wanna Write?**

Always wanted to create a novel? Scribe a screenplay? Tell your family's story? Post an excellent blog? Compose a business letter, memo, or directive that simply sweeps its recipients off their feet? This is the place for you. Bring your desires, fears, ideas, questions, challenges, writing plans, project(s), aspirations and notes, and of course your writing utensils! Rank amateur or polished pro – this class is all about helping you write and to do it well.

**Winter**

Wed, 1/7 – 1/28, 6:30 – 8:30pm

Instructor: Colleen Patrick

Room: Holmes

Tuition: \$90 till 8pm Sun, 1/4. \$110 after.

**Happiness – The Practical Side of Feeling Happy**

Don't worry, be happy! Great idea, but if you find it a bit mystifying to put into practice, you're not alone. It turns out that while we are hard-wired to want happiness, we actually understand very little about what does make us happy. In this experiential and enlightening workshop, we will dispel the myths that keep us chasing after the wrong things, and discover what really does work. Through a set of fun and easy Neuro-Linguistic Programming processes, you will change your understanding of how to be happy, and walk out of class permanently changed for Good.

**Winter**

Wed, 2/11 & 2/18, 6:30 – 8:30pm

Instructor: Carrie Sjaarda

Room: Holmes

Tuition: \$50 till 8pm Sun, 2/8. \$60 after.

**Right Financing, Right Growth**

Learn how to identify and attract financing for your company and the different avenues for funding available. May will outline the process necessary to apply for funding from the different sources and how to present to investors at the right time and valuation. You'll discover the intentional components of differentiation and monetization leading you to success! May will share the importance of relying on your intuitive self to achieve your goals.

**Winter**

Wed, 3/11, 6:30 – 8:30pm

Instructor: May McCarthy

Room: Holmes

Tuition: \$25 till 8pm Sun, 3/8. \$35 after.

**STUDENT SPOTLIGHT – MAKENA PHILLIPS**

After taking a break from attending, Makena Phillips returned to CSL after noticing that people who had what she wanted in her life had a strong spiritual program.

An announcement one Sunday about the Better Business Breakfast inspired her to sign up for her first class at CSL. "I thought, how awesome would it be to have support in making my business a success!" Makena found more business support after attending the BBB several times. She started to see "how I saw myself. How I saw God. I got very clear that what was stopping me from having what I wanted were my own beliefs."

A pivotal workshop was Making God Your Partner in Business – the Chief Spiritual Officer with May McCarthy. It introduced her to the concept of making her business a spiritual practice. "The fear that I used to have all the time dissipated and now when I don't know something, I think, great! My CSO will help out."

Makena's education path at CSL also included the core courses and she is now in Practitioner Training. "I love taking classes because they help open me up to other possibilities. I can hear the same thing over and over, but because I've changed, I hear it differently each time."

**Riding the Elevator Pitch to Success**

Discover how to create a successful elevator pitch so that investors want to invest and customers want to buy! Learn the process that gives your pitch focus and caters to your specific audience. May will outline how investors, customers, and suppliers think and what they look for in a partner company. You'll learn the intentional components of differentiating your company to create a winning situation for all! May will share the steps to cultivating your intuitive self as a tool to succeed.

**Winter**

Wed, 3/18, 6:30 – 8:30pm

Instructor: May McCarthy

Room: Holmes

Tuition: \$25 till 8pm Sun, 3/15. \$35 after.

I will be much more mindful in honoring the ideas I am blessed with and how I welcome them.

**Student from *The Big Choice, a Rising Tide* workshop**



What if we could see all our money transactions as sacred activity and worthy of being enjoyed? What about promoting the idea that as each of us grows individually abundant, we contribute to ALL rising up together? This is what **Wealth Now** is about. Come join us as we stretch our minds and our hearts, and become financially and spiritually empowered.



Sharon Ramey  
Wealth Now Lead

## **SALONS**

Monthly - 3rd Sunday of the month

Expand your mind and contribute to the rise of consciousness throughout the world. Take part in a Wealth Now Salon – a coming together of folks who are highly committed to seeing the increase of individual prosperity lift the world into a new experience of greater prosperity for everyone. No zero sum game! No “pie!” No sacrifice! No hardship or struggle! Instead, we’ll converse about old money beliefs and boldly cultivate new money beliefs that prosper each of us individually and collectively!

### **Winter**

Sun, 1/18, 2/15, 3/15, 7 – 8:30am  
Instructors: Rev. Sharon Ramey, Karen Ramsey, RScP,  
and Jane Power, RScP  
Room: Fellowship Hall  
Breakfast Included  
Tuition: \$20 till 8pm Wed, 1/14, 2/11, 3/11. \$25 after.

## **Caring for Your Soul in Matters of Money® I**

It is possible to end your suffering about money. This workshop will help you identify your “money baggage” or your belief that gets in the way of you contributing your gifts fully to the world. This is the start of a powerful journey of self-discovery that leads you toward financial peace, where money is a source of freedom, power, and full self-expression.

### **Winter**

Sat, 1/31, 9am – 4pm  
Instructor: Karen Ramsey, RScP, CFP®  
Room: Thomas Troward  
Tuition: \$75 till 8pm Sun, 1/25. \$105 after.

## **WORKSHOPS**

### **Wealth Now! – Power Hour**

*The most common way people give up their power is by thinking they don't have any. ~Alice Walker*

The world needs you to step up – to reclaim your innate Spiritual Powers and USE them, not just to enliven your own life, but to contribute to promoting an Abundant Life for all people everywhere. Join Sharon Ramey in a monthly discussion group as we uncover the 12 Spiritual Powers within each of us, and use them productively NOW!

### **Winter**

Sun, 1/18, 2/15, 3/15, 1 – 2:30pm  
Instructor: Rev. Sharon Ramey  
Room: Thomas Troward  
Tuition: \$20 till 8pm Wed, 1/14, 2/11, 3/11. \$25 after.  
Annual package = \$200 for 12 months, standard rate.

## **Caring for Your Soul in Matters of Money® II**

Continue your money transformation with this follow-up to Caring for Your Soul in Matters of Money® I. Go deeper into your restrictive beliefs so that your Soul is fully expressed. Fasten your seatbelt and get ready for take-off!

**Prerequisite: Caring For Your Soul I**

### **Winter**

Sat, 2/21, 9am – 4pm  
Instructor: Karen Ramsey, RScP, CFP®  
Room: Holmes  
Tuition: \$75 till 8pm Sun, 2/15. \$105 after.

The most meaningful concept for me  
was consistent practice brings results.

***Student – Prosperity Practices I***

**CLASSES****Igniting Our 12 Spiritual Powers – Morning & Evening Classes**

Yes, you DO have Power! 12 Spiritual Powers lie dormant within each of us, awaiting the call to WAKE UP and be useful in our lives. And by activating each of these powers within yourself, you become a contagion for that Power in the world. Join Sharon Ramey as we spend 6 weeks experiencing the delicious transformation that happens when Power is called forth!

**Winter**

Mon, 3/9 – 4/13

Morning: 10am – 12pm and Evening: 6:30 – 8:30pm

Instructor: Rev. Sharon Ramey

Room: Thomas Troward

Tuition: \$150 till 8pm Sun, 3/1. \$170 after.

**Prove Prosperity! (And have fun with Money!) – Morning & Evening Classes**

Let's get a new understanding about cultivating, having, and spending money, so that our financial experiences are just more fun – and abundant! Could it be easy? Could a richer experience of money contribute to the Abundant Life for ALL? Join Rev. Sharon Ramey for a series of experiments that will prove to you that you have the power to create a different experience for yourself, and for the world, around money! Morning and Evening sessions available!

**Summer**

Mon, 6/1 – 7/6

Morning: 10am – 12pm / Evening: 6:30 – 8:30pm

Instructor: Rev. Sharon Ramey

Tuition: \$150 till 8pm Sun, 5/24. \$170 after.

**Solving Money Mysteries – Morning & Evening Classes**

Why do some have money and others don't? Why can't I ever get ahead financially? How can money be "bad" and "good" at the same time? Join Kellie LaRue in a highly interactive class that uses the Metaphysical Principles to explain these mysteries... and at the same time, give you tools to lift yourself out of financial quicksand into a new experience of money.

**Winter**

Mon, 1/5 – 1/26 (no class 1/19)

**Morning:** 10am – 12pm / **Evening:** 6:30 – 8:30pm

Instructor: Kellie LaRue

Room: Oak Room (portable south of the Celebration Hall)

Tuition: \$75 till 8pm Sun, 12/28. \$85 after.

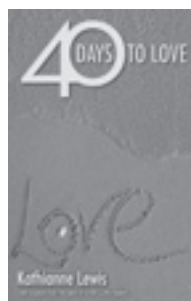
The CSO workshop forever changed how I move and breathe in every moment within my business.

***Makena – The CSO Agenda: Partnering with the Chief Spiritual Office for Success***

## 40 Days to Love

### Community Spiritual Practice

**Wed, Feb 18 – Sun, Apr 5**



Reap the benefits of doing the 40 Days to Love spiritual practice together in community. Join with Rev. Kathianne Lewis on Wed, Feb 18 at 7pm in the Celebration Hall to launch this 40-Day practice.

Watch Online, [SpiritualLiving.org/watch](http://SpiritualLiving.org/watch)

Get the 40 Days to Prosperity Tools at  
**[SpiritualLiving.org/40days](http://SpiritualLiving.org/40days)**

40 Days of audio by Rev. Kathianne Lewis plus  
a PDF of the 40 Days to Love book \$10.95

Pick up the book in the CSL Bookstore  
for \$14.95 (Limited Quantities)

Get the audio, PDF, and paperback book all for \$20

In this catalog you will find different paths of study: Core Spirituality, Practitioner Training, Mysticism, Enrichment, Spirit At Work, and Wealth Now. If you are new to Center for Spiritual Living or spiritual study, we suggest beginning with **Beyond Limits**, a great introduction to Science of Mind and a prerequisite for many other courses, retreats, and travel. Here's how to register:

myCSL Log In ➡

## ONLINE

- Go to [SpiritualLiving.org](http://SpiritualLiving.org)
- Go to myCSL Login on the upper right
- Log in or create a new login
- At your myCSL page, see "Register for Upcoming Events & Classes." Click that link.
- Classes and Events are in date order. You can also search for a class or event using the blank fields at the top of the page. Click on the class or event of your choice and follow registration instructions.

**Note:** For classes and retreats only FULL payments may be made online. Partial payments must be made in person.

## IN PERSON

- Visit the Registration Desk in the Celebration Hall Lobby on Sunday (8:30am – 12:30pm) or Wednesday (6 – 8:30pm)
- Information needed in person: Name, email address, phone number
- Payments may be made (full or partial) by cash, check, MasterCard or Visa

**Note:** Course/workshop fees less than \$100 must be paid in full at time of registration. Course/workshop/retreat fees over \$100 require a minimum deposit of \$100 at time of registration. All fees are due prior to the beginning of the class/workshop.

## TEXTBOOKS

- A complete list of course textbooks is available at the Registration Desk in the Celebration Hall and at the CSL Bookstore in the Fellowship Hall. Bookstore hours are: Sundays, 8:30am – 1:30pm. Wednesdays, 6 – 8:30pm.
- The CSL Bookstore is also open 5:30 – 8pm on the first and second nights of Beyond Limits, Self Mastery, and Spiritual Practice.

## REFUND POLICY

- Class cancelled by CSL = 100% refund.
- Class cancelled by student: 100% refund when Registrar is notified prior to class start. 50% refund with notification prior to 3rd class. 0% refund at 4th class and after.

### *Pay What You Will Program:*

A new payment program is beginning for Beyond Limits, Spiritual Practice, and Self Mastery classes. You pay the level that is right for you! The retail value of each course is \$225. You pay a \$15 material-fee when registering and complete a Class Commitment Fee form during the first class, where you list your commitment for a class fee.

### WE ARE HERE FOR YOU.

Your education team is here to support you with information and guidance as you embark on this journey.

Feel free to contact:

**Rev. Debora Gay, Director of Education**  
206.527.8801 x5107 / [DeboraG@SpiritualLiving.org](mailto:DeboraG@SpiritualLiving.org)

**Kimmi Hansen, Registrar**  
206.527.8801 x5101 / [KimmiH@SpiritualLiving.org](mailto:KimmiH@SpiritualLiving.org)

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