

Second Printing

Education 2024

Classes and workshops at the Center
from July through December 2024

cslsr.org/edu



Why Take Classes at the Center?

In addition to learning about the Science of Mind philosophy and how to apply it, being in a class is one of the best ways to enter more deeply into our spiritual community. It is a wonderful opportunity to meet and get to know people from many different backgrounds.

Classes at the Center give you what you need to expand your knowledge of spiritual principles and to gain practical spiritual tools for everyday use.

Our teachers are experienced practitioners of Science of Mind who love to teach and share the power that these teachings have to change lives. Classes combine experiential exercises with explanations of the principles of SOM practice. The home study portion of our classes are designed to inspire deeper understanding and love of spiritual principles and practical application.

Much love,
Rev. Russ Legear



July – December 2024

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(S) The Way of Effortless Mindfulness

Mondays, July 1 – July 29 • 6 to 8 pm

Have you ever tried mindfulness meditation, but found it hard to focus because your thoughts constantly interrupt you? Do you have an existing mindfulness practice, but are looking to expand it and go deeper? Are you wanting to gain access to that wise inner Self that is filled with love and compassion?

The Way of Effortless Mindfulness, by Loch Kelly, shares a new-to-us form of mindfulness meditation rooted in the centuries old Dzogchen tradition of Buddhism. It is based on having a direct experience of the wise inner Self that is at the core of each of us. In this practice, we become aware of our inner awareness, and through that awareness, become able to cultivate more love, courage, and compassion in our daily lives.

Join Rev. Russ to explore Effortless Mindfulness. We will meditate together, talk about our experiences of Self, and support one another as we grow through this life-changing practice.

Teacher: Rev. Russ Legear

Cost: Sliding scale (\$50-\$100)

In person at the Center

5 weeks

(C) The Seven Spiritual Laws of Success

Saturdays, July 6 – Aug. 24 • 9:30 to 11:30 am

Does it sometimes feel like it is just too much work to cultivate success in your life? Does success feel unattainable?

In The Seven Spiritual Laws of Success, based on the classic by Deepak Chopra, we will challenge the idea that success needs to be hard. Each week we will explore the seven laws, and through this new understanding, learn how to live in effortless harmony with natural laws in ways that enhance our well-being, health, abundance, and relationships.

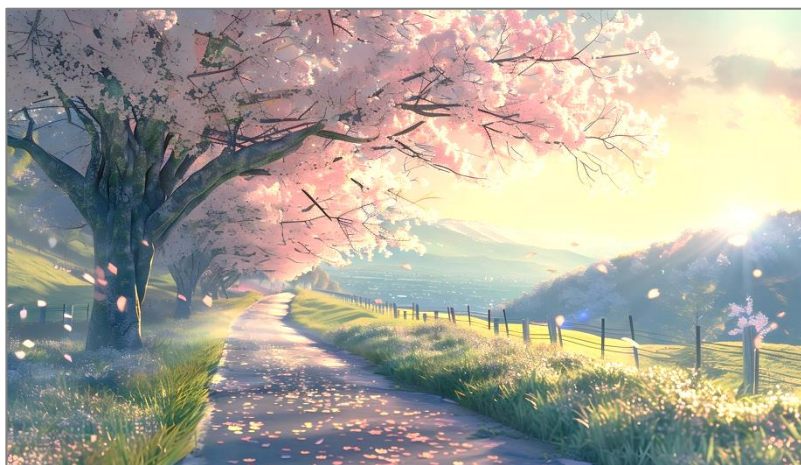
Success doesn't need to be hard. Join Rev. Siota to find out how to embrace the seven laws and live a more fulfilling life!

Teacher: Rev. Siota Belle

Cost: \$200 (Scholarships and discounts available)

Core Class • 8 weeks

In person at the Center





(W) The Beauty of Imperfection

Sunday, July 14 • 1 to 3:30 pm

We are often taught that we must be perfect in the world. That to be anything less means that we have failed. This can be a very stressful way to live, and the reality is that we don't have to be perfect to live a beautiful life.

In this workshop led by Dr. Edward, you will learn how to recognize and celebrate the beauty in imperfection, fostering self-acceptance and a more compassionate outlook toward oneself and others.

Teacher: Dr. Edward Viljoen
Cost: Sliding scale (\$25-\$55)
Workshop
In person at the Center

(S) A Fresh Look at Affirmations

Tuesdays, July 16 – July 30 • 6 to 7:30 pm

Have you ever taken a moment to examine how you talk to yourself? Our self-talk can have a profound impact upon how we approach life. Whether positive or negative, our self-talk is a powerful affirmation.

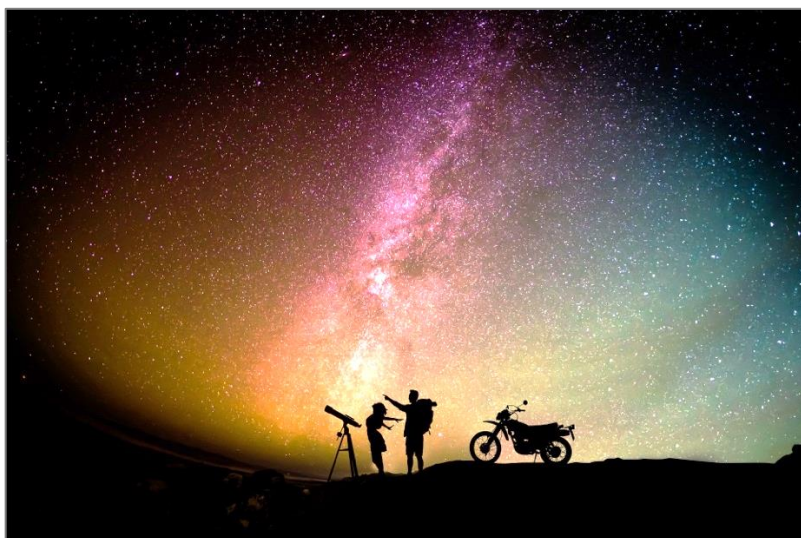
In this three-week course led by Dr. Edward, we will examine affirmations and our self-talk with fresh eyes to see how we can undo the impact of our negative self-talk.

Teacher: Dr. Edward Viljoen

Cost: Sliding scale (\$35-\$75)

Spiritual Enrichment Course • 3 weeks

In person at the Center and on Zoom





(W) Wholeheartedly Me

Sunday, July 28 • 1 to 3:30 pm

What if joy, peace, and aliveness were right where you are? What if you knew you mattered and you belonged? What if you were at home, simply being you, in a wholehearted way?

Join Rev Tara in this interactive, play-filled inquiry into being all that we are--nothing to fix, nothing to hide, perfectly imperfect.

Teacher: Rev. Tara Steele

Cost: Sliding scale (\$25-\$45)

Workshop

In person at the Center

(S) Your Authentic and Innate Goodness

Mondays, Aug. 5 – Aug. 19 • 6 to 7:30 pm

“There is a light in the soul, Meister Eckhart wrote – a light that is uncreated and that cannot be created. I call that light ‘ordinary goodness’ and I believe that the ultimate goal of life, if there is such a thing, is to express that goodness by letting it come alive in us. However, goodness, like love, makes us exposed and vulnerable. Yet we can no more withdraw from our natural-born goodness than we can withdraw from our inclination to love – not if we expect to live a life of meaning and worth.” – Dr. Edward

In this three-week class, you will explore what it means to live a life guided and inspired by your authentic and innate sense of goodness by

- Creating a personal pledge of spiritual allegiance
- Creating your own “I believe” statement
- Creating a list of personal values

Teacher: Dr. Edward Viljoen

Cost: Sliding scale (\$35-\$75)

Spiritual Enrichment Course • 3 weeks

In person at the Center and on Zoom





(S) Enneagram: A Map to Wholeness

Thursdays, Aug. 8 – Aug. 29 • 10 to 11:30 am

What is the Enneagram? It's usually taught as a personality typing system. But for centuries it has been a spiritual tool.

It describes our unconscious patterns of distraction that get in the way of living a thriving life.

In this class we'll look at the nine different patterns of thinking, feeling, and acting that make up the 9 Types of the Enneagram. Underlying each Type is a basic belief about what we need in life for survival and satisfaction. But more importantly, the Types describe the ways we connect with God, self, and others.

Even if you know a bit or a lot about the Enneagram, this class will open new and exciting possibilities for your life.

Teacher: Kathy Galvin, RScP

Cost: Sliding scale (\$45-\$85)

Spiritual Enrichment Course • 4 weeks

On Zoom

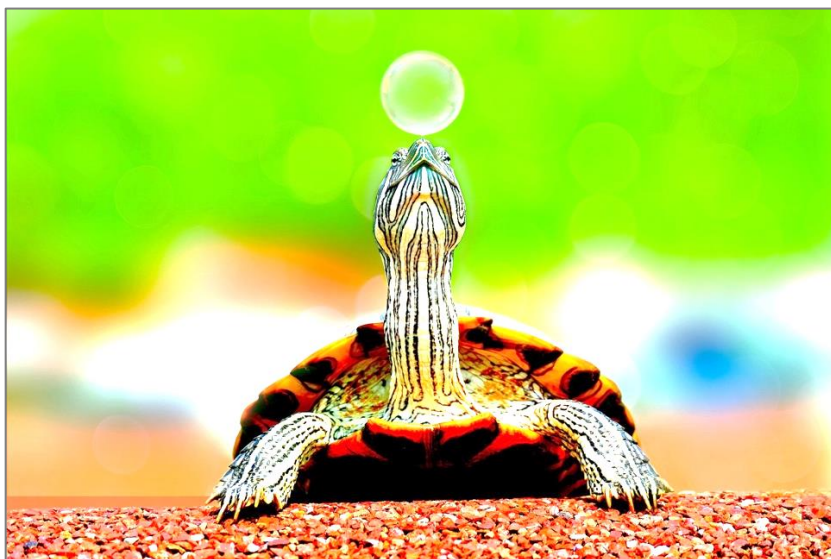
(B) Accepting the Gifts of Imperfection: Slow Down, Help Out, Wake Up

Wednesdays, Aug. 14 – Sept 4 • 11:30 to 1 pm

In her book, *The Gifts of Imperfection*, Brené Brown offers ten qualities she finds in wholehearted people. We'll approach her insights through the lens of Zen Buddhist teacher, Koshin Paley Ellison. We will study his book *Wholehearted*, which is organized around the Bodhisattva path. This book is accessible no matter where you are on your path with easy to understand language, yet deep spiritual insights.

This heart of this book study, in Brené's words, is to "let go of who you think you should be and embrace who you are." In our circle you will explore what's important to you, listen for what sings your heart, and discover ways to accept and love every part of you. We'll do this in a safe, confidential, connected circle.

Teacher: Rev. Tara Steele
Cost: Sliding scale (\$25-\$30)
Book Study • 4 weeks
On Zoom





(C) Spiritual Principles and Practices

Mondays, Sept. 2 – Oct 21 • 6:30 to 8:30 pm

How can one build a joyful life that embraces spiritual practice? Although one does not become a virtuoso musician overnight—it takes years of a practice—living a satisfying, spiritually grounded life is practice, practice, practice.

What does that practice look like, though?

Through this course, you will explore the spiritual practices of Science of Mind and how you can use its these practices to bring more aliveness in your life. Practice, practice, practice, with us in an engaging class experience and bring your life's joy into clear focus.

Teacher: Rev. Russ Legear

Cost: \$180 (Discounts and scholarships available)

Core Class • 6 weeks

In person at the Center

(C) Essential Ernest Holmes

Thursdays, Sept. 5 – Oct. 24 • 6:30 to 9 pm

Essential Ernest covers a wide range of writings and talks by the founder of our teaching, Ernest Holmes. From using the spiritual Law, to societal issues of racism, war and injustice, to the mystical experience of the Divine that lives through us, we will explore these ideas through Ernest's eyes.

We will also use his teachings to address our personal challenges and learn how to meet today's global challenges we find ourselves in today. Following Holmes's invitation, we will not just study his words but practice applying and embodying them.

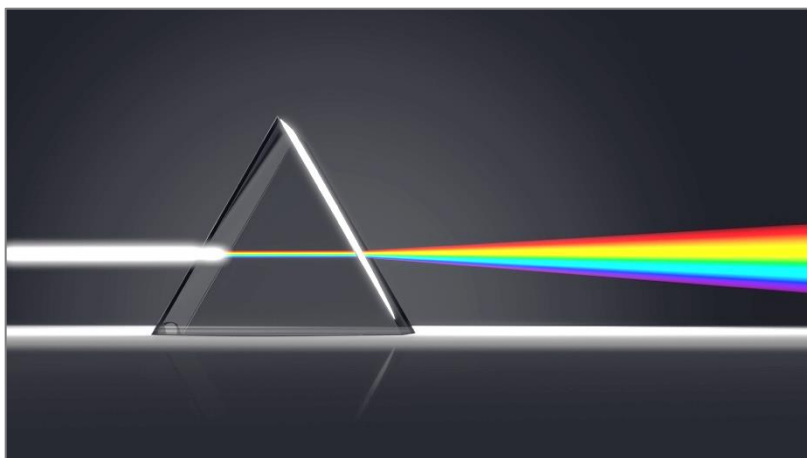
Teacher: Christine Ruddy, RScP

Cost: \$200 (Discounts and scholarships available)

Core Class • 8 weeks

On Zoom





(W) Who Am I, All the Time?

Saturday, Sept. 14 • 10 am to 12 pm

In this workshop we will explore the spiritual practice of reflection, and through this practice, discover the importance of being able to see our authentic Self in relation to others, the world, and the Divine.

We will discover who we really are as we look in mirrors, through prisms, and discuss who we see!

Teacher: Peggy Weber, RScP

Cost: Sliding scale (\$25-\$45)

Workshop

In person at the Center

(B) What's In the Way, Is the Way

Wednesdays, Sept. 18 – Oct. 9 • 11:30 am to 1 pm

In her book *What's in the Way Is the Way*, author Mary O'Malley invites us to see through the game of struggle to the joy of being fully alive. What we tell ourselves about life—about ourselves—may be the cause of our suffering.

Not just something to read, this book suggests simple and powerful practices to tune out “the storyteller” and notice the gifts of the moment.

In this book study we will discuss Mary O'Malley's wisdom and how we can apply it to the roadblocks we encounter in life.

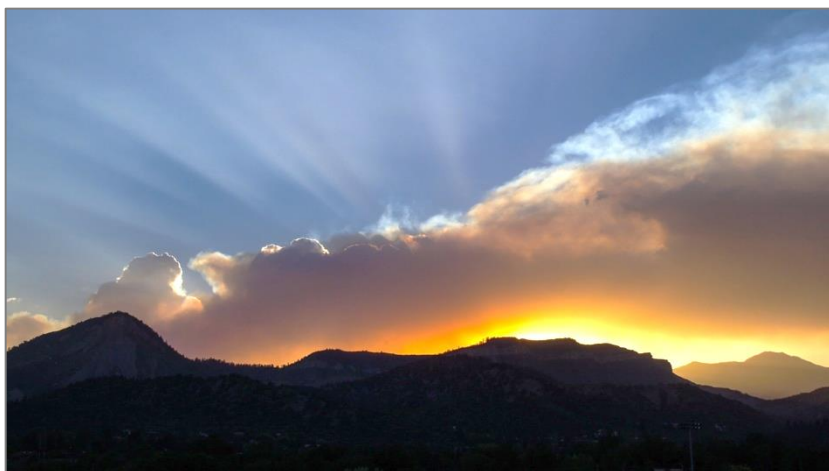
Teacher: Rev. Tara Steele

Cost: Sliding scale (\$25-\$45)

Book Study • 10 weeks

On Zoom





(C) Advanced Consciousness Studies

Thursdays starting Sept. 19 • 6:30 to 9:30 pm

Explore your core values and beliefs. Learn how you to bring your unique gifts alive in ways that matter. Join in community with others diving more deeply into the teachings and practices of Science of Mind. Over twenty-seven weeks, Advanced Consciousness Studies offers opportunities for all the above and more.

Though this is a prerequisite for entering Professional Practitioner Studies, anyone committed to a life-changing experience with others and engaging with Science of Mind is welcome. There are some course prerequisites so that participants bring a basic understanding of the teaching; again, a call to becoming a practitioner is not required.

To apply to join ACS, please email Rev. Tara at tara.steele@cslsr.org. More info is at <http://cslsr.org/acs>

Teacher: Rev. Tara Steele

Cost: \$825 up front payment or \$885, pay as you go.

Scholarships available

Core Class • 27 weeks

On Zoom, In Person Retreat

(S) Living the Serenity Prayer

Tuesdays, Oct. 1 – Oct. 22 • 6 to 7:30 pm

The twenty-five words of the Serenity Prayer have transformed countless lives. In this class, we will unpack each line over four weeks to get to a deep and personal relationship with the ideas in the prayer.

The Serenity Prayer can lead us to gentle acceptance, not only of what cannot be changed in life, but also of the creative power that dwells within us that leads to loving kindness, connection, and compassion. Join Dr. Edward to find out how you can use the Serenity Prayer to help you move through life with kindness and grace.

Teacher: Dr. Edward Viljoen

Cost: Sliding scale (\$50-\$90)

Spiritual Enrichment Course • 4 weeks

In person at the Center and on Zoom





(C) The Mystical Path

Mondays, Oct. 7 – Nov. 18 • 6 to 8 pm

The Mystical Path offers students a journey into Oneness. This course provides an opportunity to study the perspective of a mystic and expand our awareness of the Divine Presence.

You will have an opportunity to explore your beliefs and experiences with the intention to discover your mystical perspective on life. You will gain a greater understanding of how the principle of Oneness has a direct impact on your experience of the world.

Discover the timeless truths of mystics, and see how these truths relate to the principles, practices, and teachings of the Science of Mind.

Teacher: Elias Owens, RScP

Cost: \$190 (Scholarships and discounts available)

Core Class • 7 weeks

On Zoom

(S) Hail Mary – A Metaphysical Understanding

Saturdays, Oct. 19 – Nov. 9 • 10 am to 12 pm

The Hail Mary prayer is a significant devotional element in Christian traditions, especially within Catholicism. Its development into the form known today occurred over several centuries.

In this class, Dr. Edward will lead us through the history of this prayer, and how we can gain a metaphysical understanding of each word and passage so that we can use it to embrace love and grace.

Teacher: Dr. Edward Viljoen

Cost: Sliding scale (\$50-\$90)

Spiritual Enrichment Course • 4 weeks

In person at the Center and on Zoom





(W) Karma and the Science of Mind

Sunday, October 20 • 1 to 3 pm

In this workshop, Dr. Edward will delve into the concept of Karma, exploring its intricate layers and pivotal role in the tapestry of life.

Key topics will include:

- The definition and types of karma in other faith traditions
- The importance of intention behind actions and how it influences the karma generated.
- Insights into liberation (Moksha) from the Hindu perspective and the path to enlightenment from the Buddhist viewpoint.
- A comparative analysis with the Science of Mind perspective, highlighting the creative power of thought and the unity of all life.

This workshop promises to be an enlightening journey.

Teacher: Dr. Edward Viljoen

Cost: Sliding scale (\$25-\$45)

Workshop

In person at the Center

(C) Revealing Wholeness

Tuesdays, Oct. 29 – Dec. 3 • 6 to 8 pm

Expand your current knowledge of Science of Mind Principles and Practices through study of the relationship between Spirit, Mind, and Body.

This class is based on the principles of Science of Mind as well as current research in the scientific fields of medicine and quantum physics. You will also employ spiritual practices to apply these ideas in your daily life.

Teacher: Rev. Siota Belle

Cost: \$180 (Scholarships and discounts available)

Core Class • 6 weeks

In person at the Center





(B) The Four Spiritual Laws of Prosperity

Mondays, Nov. 4 – Dec. 2 • 6:30 to 8 pm

This five-week book study will change your life! It is based on *The Four Spiritual Laws of Prosperity: A Simple Guide to Unlimited Abundance* by Edwene Gaines.

Edwene defines prosperity as:

- A vitally alive physical body to provide a comfortable worldly home for the spiritual beings that we are.
- Relationships that are satisfying, nurturing, honest, and work all the time.
- Work that we love so much that it's not work, it's play.
- And all the money we can spend.

Come to as many sessions as you want. Choose full pay, partial pay, or free admission when you register.

Teacher: Pat Byrne, RScP

Cost: Sliding scale (\$0-\$45)

Book Study • 5 weeks

On Zoom

(S) What Is My Relationship With God?

Tuesdays, Nov. 5 – Nov. 26 • 11 am to 12:30 pm

This class is an exploration of Intuition, Faith, Belief and Receptivity. It is an opportunity to go within, through various exercises, sharing, inquiry, and the willingness to open to revealing and receiving what God is freely offering each of us, in every moment.

The discovery of what your relationship is with your mystical intuitive nature, the measure of your faith in it, has the ability to change the way you function in your daily life. Find out what hidden belief systems are standing in the way of discovering a deeper relationship with the God within you.

Teacher: Maggie Cole, RScPE

Cost: Sliding scale (\$50-\$90)

Spiritual Enrichment Course • 4 weeks

On Zoom





(W) Living the Presence

Sunday, Nov. 10 • 1 to 3 pm

“The highest mental practice is to listen to the inner voice and to declare its presence. The greater a person's consciousness of this indwelling I am, the more fully they will live. This will never lead to illusion but will always lead to reality.”

-Ernest Holmes

Imagine that there is a very powerful presence within you and all around you. Imagine this presence to be strong and wise. It is compassionate and creative. It is also very light, joyful, and playful. As you bring your attention to it notice how welcoming it is of you.

In this workshop Dr. Edward will guide you through exercises and discussion to uncover this Presence within.

Teacher: Dr. Edward Viljoen
Cost: Sliding scale (\$25-\$45)
Workshop
In person at the Center

(W) Enneagram: A Workshop

Sunday, Dec. 8 • 1-3 pm

What is the Enneagram? It's usually taught as a personality typing system. But for centuries it has been a spiritual tool.

It describes our unconscious patterns of distraction that get in the way of living a thriving life.

In this workshop we'll look at the nine different patterns of thinking, feeling, and acting that make up the 9 Types of the Enneagram. Underlying each Type is a basic belief about what we need in life for survival and satisfaction. But more importantly, the Types describe the ways we connect with God, self, and others.

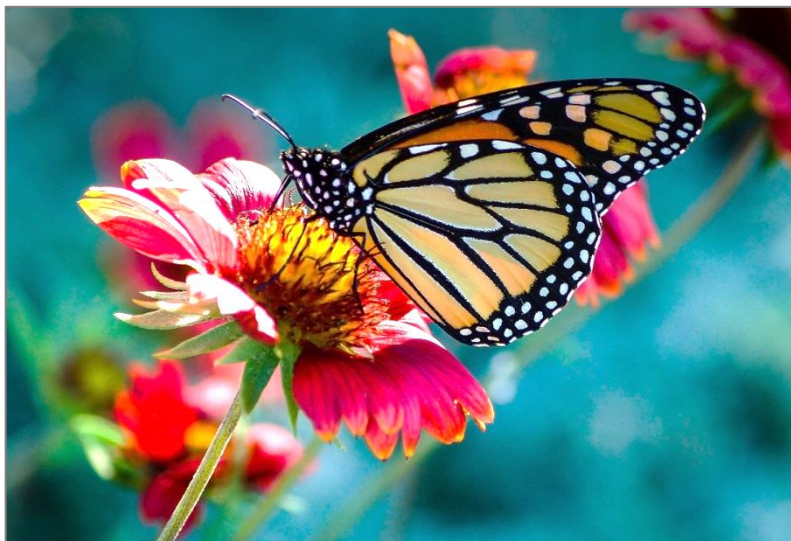
Even if you know a bit or a lot about the Enneagram, this workshop will open new and exciting possibilities for your life.

Teacher: Kathy Galvin, RScP

Cost: Sliding scale (\$25-\$45)

Workshop

In Person at the Center



Scholarships

Spiritual education is the cornerstone of what we offer here at the Center, and we want to make it as easy as possible for you to learn the fundamental principles that make up our Science of Mind teaching.

Scholarships are available for all core classes to help offset the registration cost. Scholarships are typically approved for those who require financial assistance due to life circumstances and are approved on a case-by-case basis. You can apply for a scholarship by visiting cslsr.org/scholarships.

Note that all information entered on the scholarship application is kept confidential.



Sign up for all classes online on
our website, **cslsr.org**.

**Questions?
Email us!**

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