

Education 2025

Classes and workshops at the Center from **July** through **October 2025**

cslsr.org/edu

Center for Spiritual Living Santa Rosa

Why Take Classes at the Center?

I believe the way our center shares education is special. Our educators are constantly innovating how they teach Science of Mind principles. They actively seek to learn new approaches to spirituality—which they pass on through our spiritual enrichment courses, classes focused on a specific spiritual topic that can enhance our understanding of Science of Mind. Helping everyone live the best life possible is our passion, and that is why we love to teach.

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.

I often hear from our students how our classes help enrich their lives. Here is what one student recently shared:

"Having not taken a spiritual practices course at the center in several years, I was in need of a solid, foundational refresher. 'Spiritual Principles and Practices' fit the bill perfectly. I needed to get back into a daily practice routine, especially with regard to meditation. The course gave me exactly what I needed. As a result, I now have a daily meditation practice that I feel comfortable and consistent with. I would heartily and enthusiastically recommend this class to anyone seeking spiritual wisdom, as well as any other class at the center."

I look forward to seeing you in class!

Much love,
Rev. Russ Legear

July through October 2025

(C) Core Curriculum • (S) Spiritual Enrichment Course • (W) Workshop • (B) Book Study

Please note: All dates, times, and details are subject to change. Be sure to pick up the latest catalog for the most up to date information. You can find the print date on the back cover.

(C) Self Mastery, starts Tue. 7/1 at 6 pm 4

(C) The Essential Ernest Holmes, starts Thu. 7/31 at 4 pm 5

(S) The Power of Ritual, starts Mon. 7/21 at 6 pm 6

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More coming soon! Keep an eye out for updated Education Catalogs at the Info Desk and on our website, cslsr.org.



(C) Self Mastery

Tuesdays, July 1 – Aug. 19 • 6 to 8 pm

Most of us live with a surface-level sense of identity, shaped by habit, history, and expectation. But beneath all that is something deeper: the Self that is whole, wise, and intimately connected to the Creative Power of Life.

That's the starting point for *Self-Mastery Through Self-Inquiry*, an eight-week course exploring what it means to live from the inside out, with clarity, steadiness, and purpose.

Guided by Don Miguel Ruiz's *Four Agreements*, the Science of Mind, and self-inquiry, this class is taught by Dr. Edward Viljoen, with guest teaching from Rev. Russ Legear.

Teachers: Dr. Edward Viljoen and Rev. Russ Legear
Cost: $200 (discounts and scholarships available)
Core Class • 8 weeks
In person at the center and on Zoom





(C) The Essential Ernest Holmes

Thursdays, July 31 – Sept. 18 • 4 to 6:30 pm

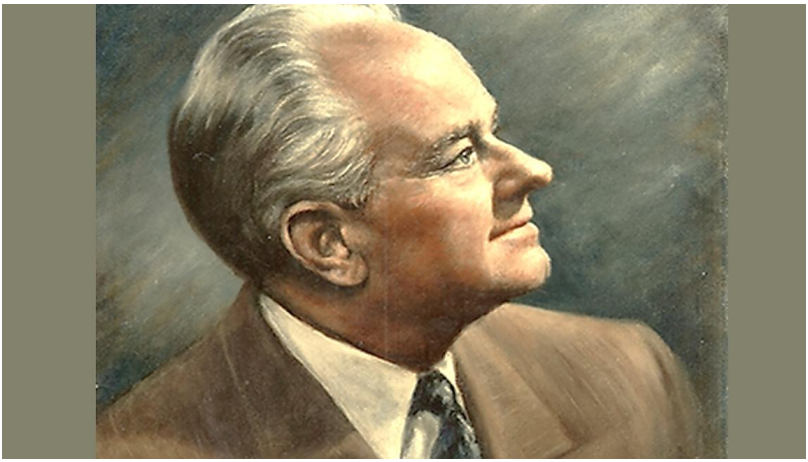
Embark on a transformative journey through the trailblazing teachings of Dr. Ernest Holmes, the visionary founder of the Science of Mind philosophy. This course offers a deep dive into Holmes's writings, illuminating the foundational principles that have inspired countless individuals on their spiritual paths.

In this course you'll explore themes such as the nature of reality, the creative power of thought, and the unity of all life. Engage in reflective discussions, meditative practices, and experiential activities designed to deepen your understanding and application of these spiritual concepts in daily life.

The Essential Ernest Holmes provides a deep exploration of spiritual principles that will empower you.

Teacher: Christine Ruddy, RScP
Cost: $200 (Discounts and scholarships available)
Core Class • 8 weeks
On Zoom







(S) The Power of Ritual: Exploring Paganism Through the Science of Mind

Mondays, July 21 – Aug. 11 • 6 to 7:30 pm

Join Rev. Russ Legear in this brand-new class exploring the power of ritual by examining pagan traditions through the lens of the Science of Mind.

Our lives are filled with rituals. They mark the passage of time, punctuating changes in our lives, both big and small. They align our consciousness, creating space for change and growth.

Learn how you can create meaningful rituals throughout your day to enhance your creativity and purpose, drawing inspiration from nature-based religions like Wicca that can be applied to your Science of Mind practice.

Now is the time to find out just how transformative rituals can be in crafting the life of your dreams.

Teacher: Rev. Russ Legear
Cost: $50-100
Spiritual Enrichment Class • 4 weeks
In person at the center and on Zoom



(W) Living Your Intention: A Mid-Year Reset

Sunday, July 27 • 1 to 3 pm

Remember the vision you set at the beginning of the year? Has it drifted out of focus? Or have life's obstacles gotten in the way? If so, this inspiring workshop is your chance to realign.

In *Living Your Intention*, you'll reconnect with what truly matters to you. Through guided visioning, creative reflection, and honest conversation, we'll spark your imagination, explore what might be holding you back, and help you move forward with clarity and energy.

If your intention feels stalled, forgotten, or simply ready to evolve, this mid-year reset is your invitation to step back into your purpose with renewed inspiration.

Come recharge your spirit and take your next step.



Teacher: Rev. Russ Legear
Cost: Sliding scale, $25-45
Workshop
In person at the center





(S) The Spirit of Haiku

Mondays, Aug. 18 – Sept. 8 • 6 to 7:30 pm

Step into the quiet beauty of the present moment through the simple, powerful practice of writing haiku. In this creative and meditative class, we'll explore haiku as a way to awaken our senses and reconnect with nature.

Inspired by *Seeds from a Birch Tree* by Clark Strand, we'll reflect on the spiritual and poetic roots of haiku and how it opens us to witnessing life as it is, moment by moment.

This class is about finding flow, breaking through blocks, and cultivating joy in what we notice, feel, and love. Most of our time will be spent sharing and exploring each other's haiku in a supportive, curious space.

Whether you're new to writing or simply seeking a fresh way to slow down and be present, *The Spirit of Haiku* offers a path to creative connection and gentle insight—one poem at a time.

Teacher: Elias Owens, RScP
Cost: Sliding scale, $50-100
Spiritual Enrichment Course • 4 weeks
In person at the center



(W) Sparks of Awareness

Sunday, Aug. 24 • 1 to 3 pm

What is consciousness? Rather than trying to define it, this workshop invites you to experience it.

Through simple spiritual practices, storytelling, and creative exploration, we'll discover new ways to connect with that deep "something" within. There's no need to be an expert meditator or mystic. Just bring your curiosity.

Together, we'll create space for insight, connection, and those quiet moments that awaken awareness. Come play, reflect, and explore what consciousness means for you.

Teacher: Rev. Tara Steele
Cost: Sliding scale, $25-45
Workshop
In person at the center







(C) Consciousness and the Creative Process

Tuesdays, Aug. 26 – Sept. 30 • 6 to 8 pm

Embrace the dynamic interplay between thought and manifestation in this transformative course. Drawing from Thomas Troward's seminal work, *The Creative Process in the Individual*, and enriched by the insights of Ernest Holmes, this class offers a profound exploration of how consciousness shapes our reality.

Delve into the stages of the creative process, gaining clarity on how your beliefs and intentions influence your experiences with engaging discussions and practical exercises.

This journey will empower you to align more deeply with Universal principles, fostering a life of intentionality and spiritual fulfillment.

If you're new to Science of Mind or seeking to deepen your practice, this course provides valuable tools to consciously create the life you desire.

Teacher: Rev. Siota Belle
Cost: $180 (discounts and scholarships available)
Core class • 6 weeks
On Zoom



(S) Enneagram: Map of the Soul

Thursdays, Sept. 4 – Oct. 2 • 1 to 2:30 pm

The Enneagram is a powerful spiritual tool that helps reveal what's beneath our habits, reactions, and deepest desires. Far from putting you in a box, it shows you the box you've been living in… and how to get out.

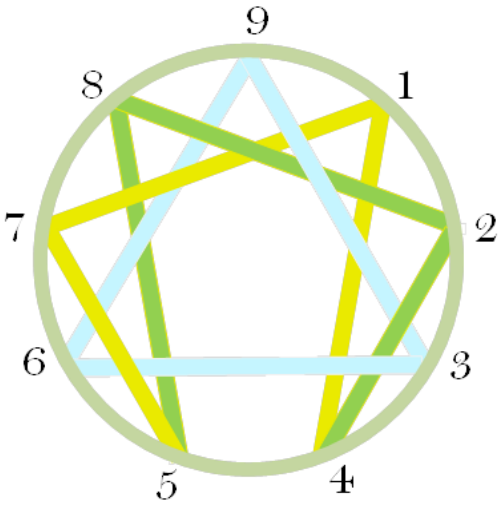
In this course we'll explore the nine core patterns of thought, emotion, and behavior that shape how we show up in the world. Each Type reflects a belief about what we think we need to feel safe, loved, and whole. But the real magic lies in what the Enneagram reveals about how we can grow by reconnecting with Spirit, with ourselves, and with one another.

Whether you're new to the Enneagram or already a fan, this class offers fresh insights and practical tools that will lead you on your path toward deeper freedom and connection.

Come discover the pattern that's been living you.

Teacher: Kathy Galvin, RScP
Cost: Sliding scale, $50-100
Spiritual Enrichment Course • 4 weeks (5th week optional)
On Zoom







(S) When Things Fall Apart

Saturdays, Sept. 13 – Oct. 4 • 10 am to noon

Life doesn't always go according to plan. But what if the moments when things fall apart are opportunities to grow, soften, and reconnect with what matters most? Based on Pema Chödrön's book *When Things Fall Apart*, this class invites you to shift your relationship with uncertainty, transforming fear and discomfort into wisdom and poise.

Guided discussions and mindfulness practices will help us explore practical ways to become more resilient, flexible, and compassionate, both with ourselves and others. You'll learn how accepting life's unpredictability can lower anxiety, strengthen problem-solving, and open the door to deeper relationships and inner calm.

This course is about learning to stay grounded in the middle of chaos. With Chödrön's teachings as our guide, we'll practice embracing life as it is and discover that even in the unraveling, there's potential for profound clarity and connection.



Teacher: Jan Svoboda, RScP
Cost: $50-100
Spiritual Enrichment Course • 4 weeks
On Zoom

(S) Deepening Awareness: The Journey from Mind to Spirit

Thursdays, Sept. 25 – Oct 16 • 6:30 to 8 pm

What is consciousness, and how do we know when we're really living from it? In this reflective and heart-opening course, we'll explore questions that don't always have clear answers, yet can spark profound insight. Through engaging conversations, spiritual practice, and guided reflection, we'll look at how consciousness shows up in our everyday lives, and how we can expand it with intention.

Each week includes light study from a variety of spiritual sources, along with experiential practices and simple take-home prompts to deepen your awareness between sessions. This class is about building your own meaningful relationship with your own awareness.

Join us to discover just how deep your awareness goes. All that's needed is a curious heart and a willingness to explore.



Teacher: Rev. Tara Steele
Cost: Sliding scale, $35-100
Spiritual Enrichment Course • 4 weeks
On Zoom
To register, click here:
https://cslsr.breezechms.com/form/DA25





(S) Living With Vision

Saturdays, Sept. 27 – Oct. 18 • 1 to 2:30 pm

There is a wisdom within that knows the way. *Living With Vision* is a class rooted in the Science of Mind practice of visioning—an intentional, meditative process that helps us listen deeply for spiritual guidance. Rather than setting goals from the ego, we create space to receive insight from the highest part of ourselves.

Discover how to enter a receptive state, ask powerful questions, and trust the still, small voice within. Each session includes guided Visioning practice, reflection, and supportive discussion to help you integrate what arises into your everyday choices.

Living with vision means allowing Spirit to shape your path with clarity, openness, and purpose. If you're ready to move beyond willpower and into the flow of life, this class offers tools to help you listen, receive, and live more fully from your true center.



Teacher: Tamarya Hulme, RScP
Cost: $50-100
Spiritual Enrichment Course • 4 weeks
On Zoom
To register, click here:
https://cslsr.breezechms.com/form/LWV25

(W) Rewire Your Mind With Gratitude

Sunday, Sept. 28 • 1 to 3 pm

Gratitude is a powerful tool for transforming how we think, feel, and live. In this uplifting workshop, we'll explore how consistent gratitude practices can rewire the brain, creating new patterns of positivity and resilience.

Through simple, accessible tools like gratitude journaling, mindful moments, affirmations, and Spiritual Mind Treatment, you'll learn how to shift your focus from lack to abundance, from stress to serenity. These practices help create space for more joy, better relationships, and a deeper connection to Spirit.

No matter where you are on your journey, this workshop offers a practical and inspiring way to build a gratitude practice that feels authentic, powerful, and life-affirming. Come discover how giving thanks can change everything.



Teacher: Rev. Russ Legear
Cost: Sliding scale, $25-45
Workshop
In person at the center
To register, click here:
https://cslsr.breezechms.com/form/RYM25





(C) Beyond Limits

Mondays, Oct. 6 – Nov. 24 • 6 to 8:30 pm

Rebuilt from the ground up for today's seekers, *Beyond Limits* is a dynamic, experiential journey into the spiritual principles that shape our lives and the power we have to shape them right back.

You'll learn how to work with your thoughts, beliefs, intentions, and emotions as creative tools. From the Law of Mind to practical ways of living on purpose, *Beyond Limits* offers a path for activating real change that's rooted in awareness, not willpower.

Whether you're brand new to Science of Mind or looking to reengage with the basics, this course gives you practical tools, guided practices, and deep insights for living a freer, more intentional life.

Teachers: Peggy Weber, RScP and Lorena Fisher, RScP
Cost: $200 (discounts and scholarships available)
Core Class • 8 weeks
In person and on Zoom
To register, click here:
https://cslsr.breezechms.com/form/BL25





(S) Setting Boundaries

Tuesday, Oct. 7 – Oct 28 • 6 to 7:30 pm

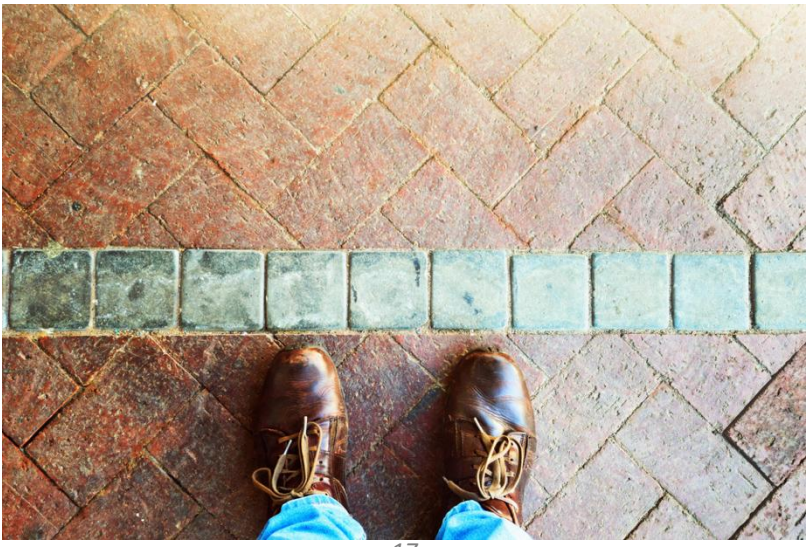
Healthy boundaries give us clarity. In this empowering class, we'll explore the art of setting healthy, compassionate boundaries through the lens of Science of Mind. Informed by spiritual principles, you'll learn how boundaries help protect your energy, honor your worth, and create space for more freedom, love, and authenticity.

Together, we'll practice identifying what is truly ours to carry, and what is not. We'll draw on tools like affirmative prayer, mindful reflection, and spiritual principle to guide us in setting boundaries that reflect self-respect and divine alignment.

If you've struggled with saying no, over-giving, or maintaining balance in relationships, this class offers a spiritually grounded path forward.

Teacher: Dr. Edward Viljoen
Cost: Sliding scale, $50-100
Spiritual Enrichment Course • 4 weeks
In person and on Zoom
To register, click here:
https://cslsr.breezechms.com/form/SB25







(W) Spiritual Mind Treatment for Beginners

Sunday, Oct. 12 • 1 to 3 pm

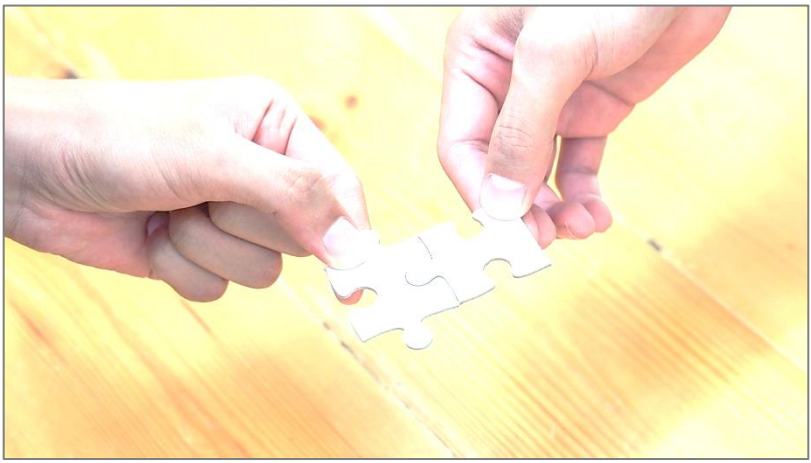
Spiritual Mind Treatment is a powerful form of affirmative prayer that aligns your thoughts with spiritual truth and opens the way for transformation. In this beginner-friendly workshop, you'll learn the five steps of Treatment and how to use them to shift your mindset and align with the law of cause and effect in your daily life.

New to Science of Mind? This is the class for you. Curious about how affirmative prayer works? This is the class for you! You'll walk away with a practical understanding of how to speak your word with confidence and spiritual authority.

This is a safe, supportive space to explore a life-changing practice. No experience needed, just an open mind and a willingness to try.

Teacher: Dr. Edward Viljoen
Cost: Sliding scale, $25-45
Workshop
In person at the center
To register, click here:
https://cslsr.breezechms.com/form/SMTFB25





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.

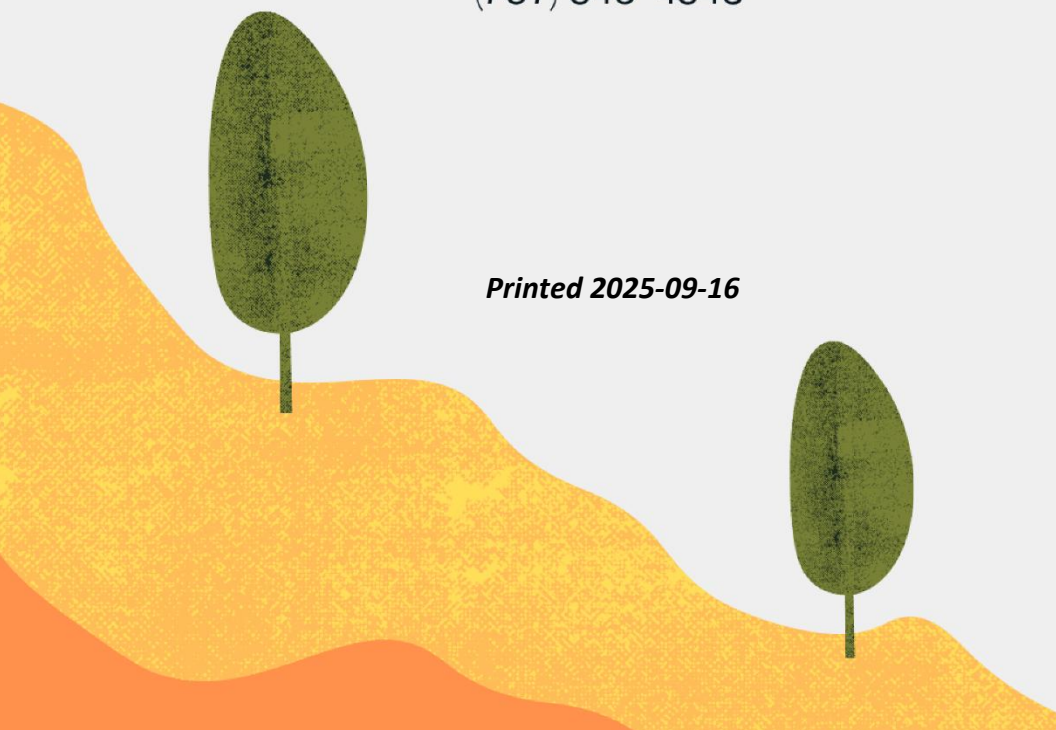
Note that all information entered on the scholarship application is kept confidential.

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

Questions? Email us!

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Printed 2025-09-16