



Education 2025

Classes and workshops at the Center
from **January** through **June 2025**

cslsr.org/edu



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 often 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

January – June 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.

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(W) Vision Your Life 2025

Sunday, January 5 • 1 to 3 pm

Visioning is a powerful spiritual practice where we tune in to the wisdom of the Spirit within us, allowing It to guide our plans and actions. Vision boards are a creative outlet for this practice, allowing us to see more plainly what our Inner Guide wants us to know.

This fun two-hour workshop will give you an opportunity to vision for your life in 2025. We will meditate, vision, and create inspiring vision boards reflecting our highest good, and the Center's highest good, for the New Year.

Join us to let the wisdom of your Inner Spirit uplift your 2025!

Teacher: Rev. Russ Legear

Cost: Sliding Scale (\$15 – \$45)

Workshop

In person at the Center



Do you have colorful magazines to donate? We are accepting donations of magazines and other craft materials to use in creating the vision boards. Please drop them off at the Information Desk in the Social Hall.

(S) The Nature of Being: The Thing Itself, The Way it Works, What it Does, and How to Use It

Tuesdays in person, Jan. 14 – Feb. 11 • 6 to 7:30 pm

Saturdays on Zoom, Jan 18 – Feb. 15 • 9 to 10:30 am

Have you ever wondered what makes our universe tick? Did you know that this universe is governed not just by physical laws, but by spiritual?

This is what our founder, Ernest Holmes, teaches us in the first four chapters of the Science of Mind. In this class led by Dr. Edward, you will explore each chapter, discovering how the very root of what Ernest taught can transform your life completely.

Teacher: Dr. Edward Viljoen

Cost: \$50-100 (Free for anyone who filled out a 2025 Giving Intention Form)

Spiritual Enrichment Class • 5 weeks

In person at the Center and on Zoom



HOW TO HAVE ANTI RACIST CONVERSATIONS

(B) How to Have Antiracist Conversations

Thursdays, starting January 23 – February 27

7 to 8:30 pm

Can a person be both assertive and compassionate at once? Directly challenge racist speech or actions without seeking to humiliate the other person? Interrupt hateful or habitual forms of discrimination in new ways that foster deeper change? Dr. Roxy Manning believes it's possible—and you can learn how.

In this six-week book study led by Hochima Treppa, LMFT, and Krista McAtee, RScP, you will explore the ideas and concepts about how we can compassionately be antiracist.

Teachers: Hochima Treppa, LMFT and Krista McAtee, RScP

Cost: Free (love offerings accepted)

Book Study

On Zoom



(C) Change Your Thinking, Change Your Life

Mondays, January 27 – March 3 • 6 to 8:30 pm

Counts as Foundational Prerequisite for Practitioner Studies

“Every passing moment is chance to turn it all around.” – Sofia from *Vanilla Sky*

When I heard that all I really needed to do to live a great life was to change my thinking, I have to admit—I was skeptical. How could changing my thinking deal with my money problems, my broken relationships, my awful job?

Well, it turned out that the lens I was using to view the world was the problem—not the world itself. Once I began to shift my thinking toward the spiritual ideas we will share in Change Your Thinking, I noticed that my life changed for the better—drastically. This is a power that you have within you, too. Through inspiration and experiential exercises and rich class discussion, we will learn practices that can cultivate thriving relationships, abundance and prosperity, and promote our overall well-being. –Russ

Teacher: Rev. Russ Legear

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

Spiritual Enrichment Course • 3 weeks

In person at the Center and on Zoom





(W) Radical Self Love Workshop

Sunday, February 16 • 1 to 2 pm

Self Love is our natural state. It is where we began at birth. It is an important ingredient in a recipe for a world that works for everyone.

Radical self love means becoming a safe place for all of our self—including our flaws. It is a soft place to land, to love without walls of protection, and to know and love ourselves so well that we can let others truly see us without the fear of shame or judgement.

In this workshop, we will explore just how we can unlock the potential of the inherent self-love within us all.

Teacher: Krista McAtee, RScP
Cost: Sliding scale (\$25-\$45)
Workshop
In person at the Center



(S) Forgiveness: A Path to Freedom and Inner Peace

Tuesdays, February 18 – March 11 • 6 to 7:30 pm

“Never does the human soul appear so strong as when it foregoes revenge and dares to forgive an injury.” – Edwin Hubbel Chapin

Unlock the power of forgiveness in this four-week journey toward personal freedom and healing. Through rich teachings and powerful practices, this class offers a compassionate space to explore forgiveness as a path to releasing burdens, healing relationships, and rediscovering joy. Whether you're ready to let go of past hurts or simply curious about the role forgiveness can play in your life, this course will guide you with practical tools, timeless wisdom, and inspiring insights. Forgiveness isn't about condoning or forgetting—it's about reclaiming your energy and embracing your wholeness.

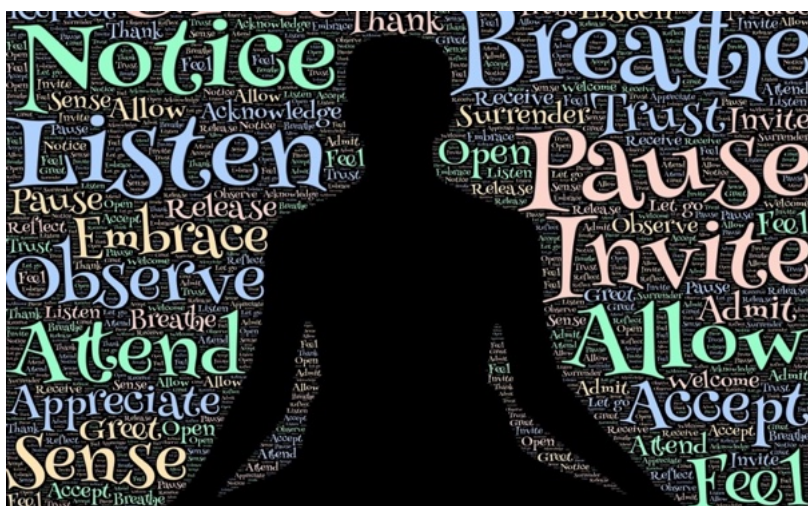
Teacher: Dr. Edward Viljoen

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

Spiritual Enrichment Course • 4 weeks

In person at the Center and on Zoom





(S) Understanding Trauma in Ourselves

Saturdays, March 1 – March 15 • 10 am to 12 pm

Psychological research increasingly shows that no matter our upbringing, most people carry some form of trauma. This is a burden that can impact us in countless ways, often without us even knowing.

This is a three-part series to deepen our understanding of trauma and how it can affect us and how we feel. You will learn practical tools to foster compassion, healing, and resilience. Together, we'll explore ways to create a safe and supportive space for ourselves and others, guided by spiritual principles.

Teachers: Rev. Siota Belle and Jan Svoboda, RScP

Cost: Love offering (suggested \$40 to \$90, all are welcome)

Spiritual Enrichment Course • 3 weeks

On Zoom



(B) Belonging Without Othering: How We Save Ourselves and the World

Wednesdays, March 5 – March 26 • 11 am to 12:30 pm

The book "Belonging without Othering: How We Save Ourselves and the World" resonates deeply with me; it shares a hopeful though challenging next step in our living aligned with Oneness. I welcome you to this book study that explores how we can recognize and realize the interconnection between all passengers on the spaceship Earth.

You are welcome but not required to purchase the book. We will share deep discussion about what othering is, and just what is possible when we learn to create belonging without othering.

Teacher: Rev. Tara Steele

Cost: Love offering (Suggested \$0-\$40)

Book Study • 4 weeks

On Zoom





(C) Meditation is More Than You Think

Thursdays, March 6 – May 8 • 6 to 8:30 pm

Counts as a Consciousness prerequisite for Practitioner Studies

Meditation is a practice that can completely shift your life. This comprehensive course will take you step-by-step along the path of meditation, unveiling its power through numerous practices and techniques, so you might find the one that works best for you. From light meditations to sound baths to movement and breathwork, you will partake in a rich buffet of meditations to add to your spiritual practice.

Teacher: Rev. Siota Belle

Cost: \$200 (Discounts and scholarships available)

Core Class • 8 weeks

On Zoom



(W) Radical Journaling

Sunday, March 16 • 1 to 3 pm

The mind is a fascinating device. In many ways, our outer world is a reflection of what is going on within. By taking the time to clean out our mind, just as we would clean our home, we can create space to allow more joy, inspiration, and creativity into our lives.

One way we can do this is through the practice of journaling—but have you ever heard of *radical* journaling? In this workshop focused on a unique and fun form of journaling, you will learn how to let the floodgates of your mind open to find freedom from repetitive, anxious thoughts that can often clutter up your mind.

Teacher: Rev. Russ Legear

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

Workshop

In person at the Center





(C) The Art and Science of Spiritual Mind Treatment

Tuesdays, March 18 – May 6 • 6 to 9 pm

Counts as a Consciousness prerequisite for Practitioner Studies

Spiritual Mind Treatment, otherwise known as affirmative prayer, is a form of prayer that turns around our relationship with Spirit. Rather than asking for assistance, as we do in more traditional forms of prayer, instead we claim and affirm to ourselves what's true.

Developing our own treatment practice can sometimes feel challenging—and that's where this class comes in. You will learn the five steps of treatment, how to build a practice anchored in it, and what treatment can and cannot do for you in your life (here's a hint—there's not much it can't do!).

Let spiritual mind treatment become your joyful, helping companion on the journey of life.

Teacher: Peggy Weber, RScP

Cost: \$200 (Discounts and scholarships available)

Core Class

On Zoom



(S) The Power of Introversion: Harnessing Strength in Quiet

Mondays, April 7 – April 28 • 6 to 7:30 pm

In a world that often celebrates extroversion, introverts possess unique strengths that are equally powerful and transformative.

Inspired by Susan Cain's groundbreaking book "Quiet," this four-week course delves into the gifts of introversion, offering insights, tools, and practices to help introverts thrive in personal and professional settings. Whether you identify as an introvert or want to better understand the introverts in your life, this course will empower you to embrace and leverage the quieter side of personality.

Teacher: Dr. Edward Viljoen

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

Spiritual Enrichment Course • 4 weeks

In person at the Center and on Zoom





(W) Creativity and Lovingkindness

Sunday, April 13 • 1 to 3 pm

“I am a gift. My existence suggests I have something to do here that I can only do by myself. I am a necessary ingredient in the world at this time. I am willing to discover my unique talents and bring them forward for all to see and benefit from. Today, my heart’s desires take shape and surround me.”

- Ernest Holmes

Participants will embark on a journey to explore the depths of their creativity and learn how to tap into the unique gifts of their consciousness. Led by Christine, they will engage in a meditation and visioning process that unfolds in layers, inviting them to delve deeper into their inner world. This immersive experience will help participants cultivate self-awareness and unlock their creative gifts, allowing them to connect with themselves and their communities in profound and transformative ways!

Teacher: Christine Ruddy, RScP

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

Workshop

In person at the Center



(S) Radical Self Love

Tuesdays, April 22 – May 27 • 6 to 8 pm

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”—Buddha

Radical self love is one of the best gifts we can give to ourselves. It can fill us with joy from simply being alive, and it can carry us through the most trying of challenges. It can be our constant companion, if we would but let it.

In this six week class—an extended study of what we learned in the Radical Self Love Workshop earlier in the year—you will learn what radical self love is and why it’s important; how to practice radical self love; how to identify and move past the things that block radical self love; and much more!

Teacher: Krista McAtee, RScP

Cost: Sliding scale (\$60-\$120)

Spiritual Enrichment Course • 6 weeks

In person at the Center and on Zoom





(C) Roots of Science of Mind

Thursdays, May 1 – July 3 • 6 to 8:30 pm

This class counts as the History prerequisite for Practitioner Studies

Spiritual giants: Ralph Waldo Emerson, Thomas Troward, and Emma Curtis Hopkins. What did they teach? How did they influence our movement? What does their teaching offer us today?

Each of these spiritual teachers had a profound impact on the founder of our Science of Mind teaching, Ernest Holmes. Through discussion of their philosophies and shared spiritual practice in this experience-oriented class, we will explore these elevating teachings and discover what it means to truly live a spiritual life.

Teacher: Christine Ruddy, RScP

Cost: \$220 (discounts and scholarship available)

Core Class • 10 weeks

On Zoom





(S) The Principles of Successful Living

Mondays, May 5 – May 23 • 6 to 7:30 pm

This class aims to uncover surprising truths about spiritual living by going beyond surface-level ideas. We will address common misconceptions such as the belief that spirituality is a “get-rich-quick scheme” or a shortcut to avoiding life’s challenges.

Instead, participants will explore how aligning with spiritual laws requires genuine commitment and sincerity. Students will focus on expanding personal understanding, and the ethical use of spiritual power. This four week class provides a thoughtful and inspiring pathway for those seeking a grounded, meaningful approach to success and happiness.

Teacher: Dr. Edward Viljoen

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

Spiritual Enrichment Course • 4 weeks

In person at the Center and on Zoom



(W) The Impact of Negative Thinking

Sunday, May 18 • 1 to 3 pm

Negative thinking can feel like a small inconvenience, yet its impact on our emotional, mental, and even physical well-being is far-reaching.

This workshop explores the role of self-talk in shaping our experiences and introduces practical strategies to identify and shift unhelpful patterns of thought. Drawing from modern psychological research and spiritual insights, participants will explore the connection between thoughts, emotions, and behavior, and learn how to replace self-critical inner dialogue with empowering alternatives.

Whether you're looking to improve your mindset, reduce stress, or enhance your overall well-being, this workshop offers a supportive environment and the guidance you need to create meaningful shifts in your inner world.

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



(C) Mental Equivalents

Tuesdays, June 3 – July 1 • 6 to 8:30 pm

Counts as a Consciousness prerequisite for Practitioner Studies

What is the Law of Mental Equivalents? Find out in this course, where you will explore the foundational teachings of Emmet Fox and his tiny yet rich pamphlet by the same name.

You will learn how each thing in our universe, each experience, first starts with a corresponding mental image, and how you can shift your own mental image of your life to bring more joy, success, and prosperity.

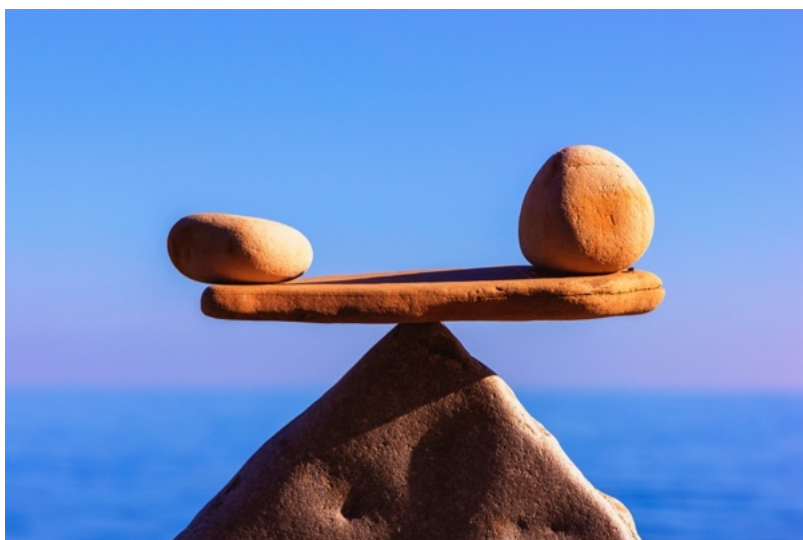
Raise a mirror up to your thoughts with Mental Equivalents and watch how your life transforms.

Teacher: Rev. Siota Belle

Cost: \$120 (Scholarships and discounts available)

Core Class • 5 weeks

On Zoom





(W) Calming Your Anxious Mind

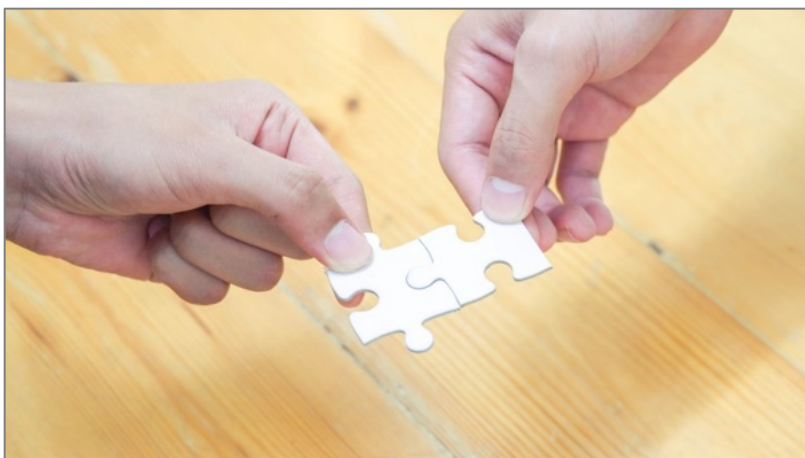
Sunday, June 22 • 1 to 3 pm

There was a time in my life when I felt like my anxious mind had... well, a mind of its own! Over the years I have collected strategies and spiritual tools to help me during those times when it feels like my mind is on fire.

In this workshop, we will explore the parts of our mind that generate our anxious thoughts, and how we can lovingly bring them peace and calm. We will also learn body-centered techniques to activate the parts of our nervous system that allow us to relax and regroup when confronted with unexpected challenges.

Teacher: Rev. Russ Legear
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!**

education@cslsr.org

Center for Spiritual Living
2075 Occidental Road
Santa Rosa CA 95401
(707) 546-4543

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