

# The Journey of Spiritual Study

SEPTEMBER 2015 – AUGUST 2016  
CORE CLASSES



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

5801 Sand Point Way NE Seattle WA 98105

# Welcome To Your Spiritual Studies!



This publication features Core Spiritual Studies offered at Center for Spiritual Living – Seattle. Our courses are based on the teachings in Science of Mind, an exploration of universal principles found in world religions, philosophy, and science. In these classes, you learn to use powerful techniques, such as prayer and affirmative thinking, to live a full, rich life and deepen the experience of your spiritual path.

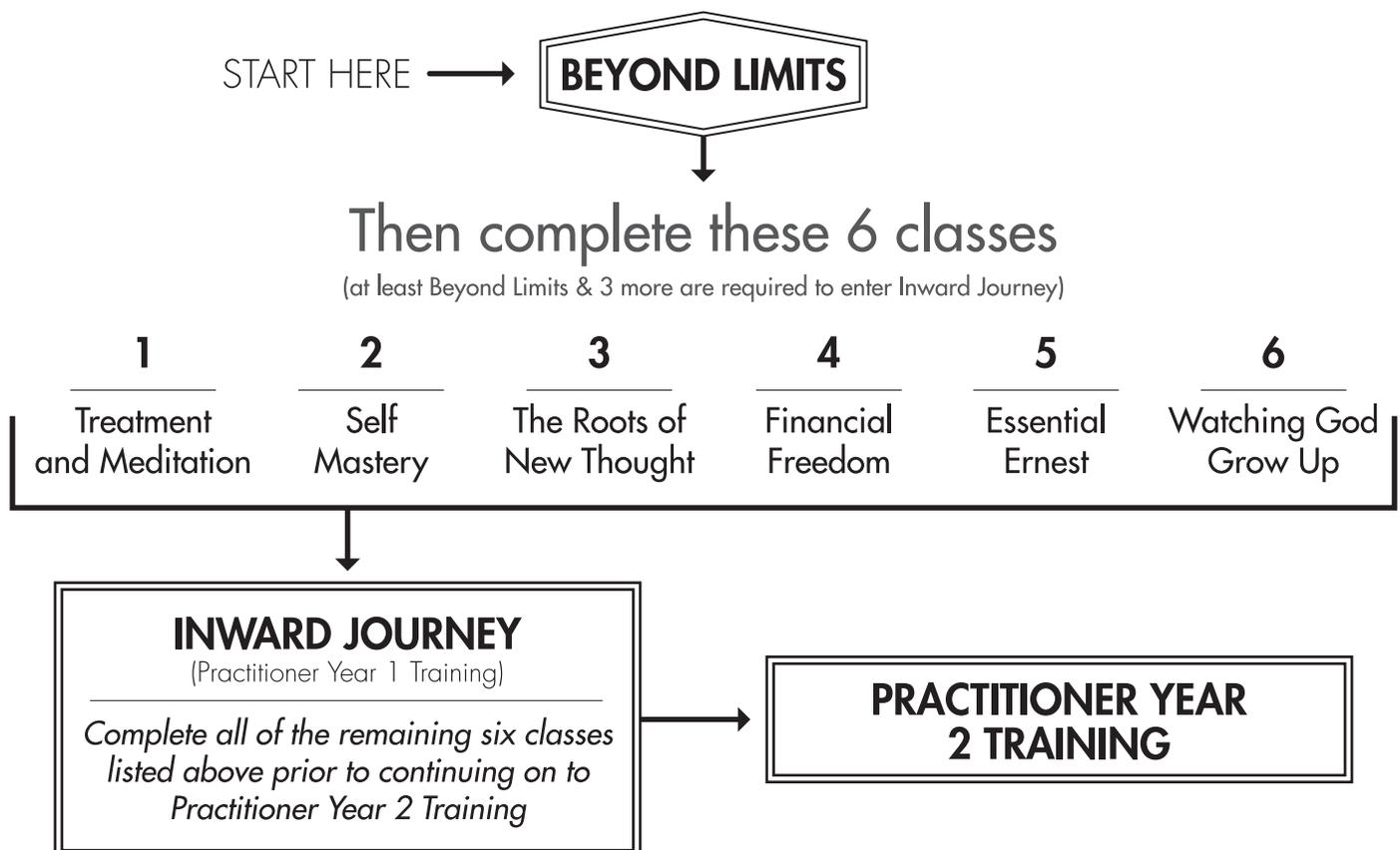
If you are new, where do you start? Take a look at the graphic below, which shows the Core Spiritual Study pathway. Your first step is the Beyond Limits class. Overall, 7 Core Classes are described in the pages that follow. Completion of this series can lead you to our two advanced study courses, Inward Journey and Practitioner Training.

If you would like guidance in your spiritual studies, contact me directly or speak with any member of the Education team after each service at the Registration Desk in the Celebration Hall lobby. For a quick review of all CSL classes/workshops, and to register online, go to [www.SpiritualLiving.org/Classes](http://www.SpiritualLiving.org/Classes).

Blessings to you,

Rev. Debora Gay • Director of Education • 206-527-8801, ext. 5107 • [DeboraG@SpiritualLiving.org](mailto:DeboraG@SpiritualLiving.org)

## Core Spiritual Study Pathway



# HOW TO REGISTER

## ONLINE

- Go to [SpiritualLiving.org](http://SpiritualLiving.org)
- Click on myCSL Login on the upper right → 
- Login or create a new login
- At your myCSL page, click on "Register for Upcoming Events & Classes"
- 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.

## IN PERSON

- Visit the Registration Desk in the Celebration Hall Lobby after services.
- Information needed in person: Name, mailing address, email address, and phone number.
- Payments may be made 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 and sacred travel requires a minimum \$500 at time of registration. Only payments in FULL may be made online. Partial payments must be made in person. All fees are due prior to the beginning of the class/workshop/retreat/trip.

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# POLICIES

**PRE-REGISTRATION:** Registration at least one week prior to the start of each class is greatly encouraged! Classes are subject to cancellation due to low enrollment.

**AUDITING:** To be eligible for the Auditing discount of 50%, you must have passed the course within 3 years of the new registration date and paid all outstanding balances. To receive the Audit rate for a class, sign up at the Registration Desk or by contacting the CSL Registrar directly.

**REFUND POLICY:** Refunds are based on the date CSL's Adult Education Registrar is notified of withdrawal, according to the following guidelines:

### CLASS CANCELED BY CSL:

~100% refund

### CORE CLASSES

~100% refund with notification to CSL prior to 1st class

~90% refund with notification to CSL prior to 2nd class

~50% refund with notification prior to 4th class

~0% refund with notification at 4th class on

**To be eligible for a refund, all withdrawals must be recorded by the Adult Education Registrar.** To officially withdraw from a class, **call 206-527-8801, x 5101**, to speak with our Registrar or leave a voice mail message, or send an **email to [AdultEd@SpiritualLiving.org](mailto:AdultEd@SpiritualLiving.org)**. Withdrawals will be recorded the same day as notified, if on a business day. Withdrawals will be recorded on the first business day following notification if notification is made after business hours or on weekends or holidays. CSL business days are Sunday – Thursday.

**PHOTOGRAPHS:** We occasionally take publicity photos during classes. Your instructor will notify you if photos will be taken in your class. If you do not want your photo taken, please let your instructor and the photographer know at that time.

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## WE ARE HERE FOR YOU.

Your education team is here to support you with information and guidance. Feel free to contact:  
Rev. Debora Gay, Director of Education, 206.527.8801 x5107 / [DeboraG@SpiritualLiving.org](mailto:DeboraG@SpiritualLiving.org)  
Registrar, 206.527.8801, x5101 / [AdultEd@SpiritualLiving.org](mailto:AdultEd@SpiritualLiving.org)  
Susan Latta, Administrative Assistant, 206.527.8801, x5103 / [SusanL@SpiritualLiving.org](mailto:SusanL@SpiritualLiving.org)



# BEYOND LIMITS *Living a Thriving Life*

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 and live the life you really want. A life with a “you” in it that is far greater than you may realize. Through experiential classwork, use of affirmative prayer, and sharing with a small group of fellow students, you will support your highest Good to live a more thriving life.

**Pay What You Will Program.** Beyond Limits, Treatment and Meditation, and Self Mastery are classes where you pay the amount that is right for you! The individual retail value of these courses is \$225. You pay a \$15 material fee when registering and, during the first class, complete a Class Commitment Fee form. This is when you declare your commitment for your class tuition.

**START DATES:**  
September (Monday nights)  
January (Sunday afternoons)  
April (Tuesday nights)

**COURSE LENGTH:**  
10 Classes; 3 hours per week

**INSTRUCTORS:**  
Cathy Lindsay, RScP  
Jen Hannah, RScP  
Kathy Galvin, RScP

**TUITION:**  
\* Pay What You Will Program

**PREREQUISITE:**  
None. However, *Beyond Limits* is prerequisite for CSL membership as well as many classes, retreats, and trips.

**See current class flyer for all details**

**REQUIRED TEXTS (Cost of books is in addition to tuition):**  
*How to Use the Science of Mind*, by Ernest Holmes  
*This Thing Called You*, by Ernest Holmes  
*The Seven Main Aspects of God*, by Emmet Fox  
*The Mental Equivalent*, by Emmet Fox  
*Life Is Consciousness*, by Emmet Fox

“ I feel more confident and am aware that my thoughts are very powerful. A thought + feeling = results! I feel lighter and full of love – *Beyond Limits* is a wonderful class that gave me a new understanding of how to live a fuller, richer life.

LEAH – BEYOND LIMITS

## MEMBERSHIP CLASS



Once you complete Beyond Limits, you are eligible to become a Member here at CSL! Membership Class covers the 5 Spiritual Practices we encourage members to commit to: Prayer,

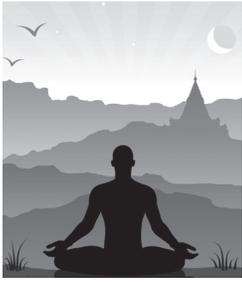
Meditation, Sacred Service, Gracious Giving, and Spiritual Study. You’ll also meet other new members and learn more about our community overall. Membership is one of the prerequisites for *Inward Journey*.

**START DATES:**  
First Sunday afternoon after the last class of Beyond Limits, Treatment and Meditation, and Self Mastery  
1:30 – 4:30pm

**INSTRUCTOR:**  
Diane Bell, Community Development Director

**PREREQUISITE:**  
Beyond Limits

**See current class flyer for all details**



# TREATMENT AND MEDITATION

*(Formerly 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 Prayer skills learned in Beyond Limits by doing treatments for yourself and others.

**START DATES:**  
September (Monday nights)  
January (Tuesday nights)  
April (Sunday Afternoon)

**TUITION:**  
\* *Pay What You Will* Program

**PREREQUISITE:**  
Beyond Limits

**COURSE LENGTH:**  
10 Classes; 3 hours per week

**See current class flyer for all details**

**INSTRUCTORS:**  
Rev. Harold Costa  
Diann Durbin, RScP  
Candace Crowley, RScP  
Alexa Burns, RScP

**REQUIRED TEXTS (Cost of books is in addition to tuition):**  
*Journey of Awakening*, by Ram Dass  
*Can We Talk to God?*, by Ernest Holmes  
*Five Steps to Freedom*, by John B. Waterhouse

“ *Prayer now is a potent tool for transformation in myself, my life, and those I interact with.*

**Calleaghn – Treatment and Meditation**



# 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 loved one 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.

**START DATES:**  
September (Tuesday nights)  
April (Tuesday nights)

**TUITION:**  
\* *Pay What You Will* Program

**PREREQUISITE:**  
Beyond Limits

**COURSE LENGTH:**  
10 Classes; 3 hours per week

**See current class flyer for all details**

**INSTRUCTOR:**  
Rev. Debora Gay

**REQUIRED TEXTS (Cost of books is in addition to tuition):**  
*The Four Agreements*, by don Miguel Ruiz  
*Living the Science of Mind*, by Ernest Holmes  
*Recommended: The Science of Mind*, by Ernest Holmes

“ *I feel free and can express myself as who I am, without apology or explanation.*

**Ericka – Self Mastery**

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# THE ROOTS OF NEW THOUGHT

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, as well as some newly re-discovered writings of Ernest Holmes. You'll get an understanding of the historical roots of Ernest Holmes' philosophy, as well as make it personal to your life. We'll savor the richness of the work of these great New Thought writers, who were the first to make the concept of Infinite Intelligence accessible to the general public.

**START DATE:**  
February (Tuesday nights)

**TUITION:**  
\$195 Early Bird  
\$225 Regular

**COURSE LENGTH:**  
10 Classes; 3 hours per week

**PREREQUISITE:**  
Beyond Limits

**INSTRUCTOR:**  
Rev. Debora Gay

**See current class flyer for all details**

**REQUIRED TEXTS:**  
*Emerson's Essays*, by Ralph Waldo Emerson  
*The Edinburgh and Dore Lectures on Mental Science*, by Thomas Troward  
*Scientific Christian Mental Practice*, by Emma Curtis Hopkins  
*The Philosophy of Ernest Holmes - Volume 1 of the Holmes Papers* by Ernest Holmes

“ *This dive into the foundation of this movement exposes the courage and authentic passion the forerunners had for New Thought. As a result, I see my life through a broader lens of curiosity, passion, and creativity.*

**Holly – The Roots of New Thought**



# 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.

**START DATES:**  
February (Monday nights)  
May (Tuesday nights)

**TUITION:**  
\$168 Early Bird  
\$198 Regular

**COURSE LENGTH:**  
8 Classes; 3 hours per week

**See current class flyer for all details**

**INSTRUCTOR:**  
Rev. Heather Venegas

**REQUIRED TEXT:**  
*Spiritual Economics*, by Eric Butterworth

“ *The class may have been aimed at finance, but the knowledge is applicable to every aspect of my life. I am walking away so much more enriched!*

**Heidi – Financial Freedom**



# WATCHING GOD GROW UP

*(Formerly Introduction to the Bible)*

What do Harry Potter, Lord of the Rings, and the Bible have in common? They are all archetypal stories about divinely guided individuals who grow up by moving through a world of challenges that cause soulful evolution. By employing a Jungian Depth Psychological approach, this class studies the classic biblical narrative, as well as other timeless tales, as a story of your soul's archetypal development toward divinity.

**START DATES:**  
February (Thursday nights)  
June (Monday or Tuesday nights)

**TUITION:**  
\$195 Early Bird  
\$225 Regular

**COURSE LENGTH:**  
8 Classes; 3 hours per week

**See current class flyer for all details**

**INSTRUCTOR:**  
Michael Bogar, MDiv, ThM

**REQUIRED TEXT:**  
One of the following Bibles:  
*New International Version Bible*  
*Holy Bible* (from the Ancient Eastern Text)

“ *This class gave me the tools for looking within my own soul to explore what is going on with my subconscious in a loving, non-judgmental way.*

**Leo – Introduction to the Bible**



# 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, even when at a campsite or in your jammies!

**START DATE:**  
July (Thursday nights)

**TUITION:**  
\$150 Early Bird  
\$180 Regular

**COURSE LENGTH:**  
12 Classes (10 one hour teleclass sessions and 2 Sunday, in-person, meetings at CSL)

**PREREQUISITE:**  
Beyond Limits

**See current class flyer for all details**

**INSTRUCTOR:**  
Rev. Debora Gay

**REQUIRED TEXT:**  
*The Essential Ernest Holmes*, by Ernest Holmes  
*Recommended: The Science of Mind*, by Ernest Holmes

“ *Essential Ernest took me beyond the structure and complexity of the textbook into an intimate and deeply moving dialogue with a warm, caring human being. Ernest came alive off the page and I discovered an individual deeply committed to making Spirit accessible to us all.*

**Cynthia – Essential Ernest**

# ADVANCED CORE SPIRITUALITY STUDY

**Inward Journey** (also known as Practitioner Training Year I) and **Professional Prayer Practitioner Training Year II**, begin in September and end in May of each year. Prerequisites for these Advanced Studies are offered on a revolving basis. The planner appearing here will assist you in completing all of the prerequisites prior to the start of the respective Advanced Study courses.



## INWARD JOURNEY

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. Inward Journey is also Practitioner Training Year I for those interested in continuing their education in Practitioner Training to Year II.

**Prerequisites:** Beyond Limits plus at least 3 of the following: Treatment and Meditation, Self Mastery, Introduction to the Bible, Financial Freedom, The Roots of New Thought, and Essential Ernest. CSL Membership is also required.



## PROFESSIONAL PRAYER PRACTITIONER TRAINING: YEAR II

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** for Professional Prayer Practitioner Training are Inward Journey, Membership, and completion of all 7 Core Spirituality courses as listed above.

If Prayer Practitioner Training interests you, please meet with Rev. Debora Gay for guidance as you embark on your journey.

Rev. Debora Gay, Director of Education  
DeboraG@SpiritualLiving.org  
206.527.8801 ext. 5107

**For more info including tuition and retreat dates, go to [SpiritualLiving.org/Inward](https://SpiritualLiving.org/Inward)**

## PLANNER SCHEDULE FOR CORE SPIRITUALITY STUDY

### OFFERED EVERY FALL

Beyond Limits: Living a Thriving Life  
Self Mastery for Intentional Living  
Treatment and Meditation

### OFFERED EVERY WINTER

Beyond Limits: Living a Thriving Life  
The Roots of New Thought  
Financial Freedom  
Watching God Grow Up  
Treatment and Meditation

### OFFERED EVERY SPRING/SUMMER

SPRING:  
Financial Freedom  
Self Mastery for Intentional Living  
Treatment and Meditation  
SUMMER:  
Essential Ernest  
Watching God Grow Up