

The Science of Spirit

Langdon Roberts

Saturday, Oct. 24, 6:00–8:00 PM; ILM Social Hall

\$10 if registering by Oct 10; \$12 after Oct 10

This talk includes an exploration of the ancient and modern technologies of spiritual growth, including spoken prayer, meditation, chanting, Shamanic trance, neuro-entrainment, heart-coherence training and neurofeedback. We will focus on how these techniques affect the human nervous system and the relationship between neurophysiology and spiritual experience. The emphasis is on making the neurophysiology of consciousness understandable, and to make clear how prayer is a “movement in consciousness” that can be enhanced through scientific means. We will discuss how to use technologies of spiritual growth to find peace amidst the chaos of the modern world. Appropriate for age 12 and older.

Langdon Roberts is the director of the Center for Transformational Neurophysiology in Soquel. Langdon has trained hundreds of people to become more focused, peaceful, and spiritually aware, and to follow their Soul’s true purpose. He also conducts research into the physiology of consciousness.

Manifest Your Magic Women’s Workshop:

Let’s transform the wounds of our past into occasions for celebration!

Jan Goff-LaFontaine & Hilary Nicholls, DC

4 Mondays, Nov 9–30, 7:00–9:00 PM; ILM Fireside Room

\$60 if registering by Oct 26; \$65 after Oct 26

Heal body, mind, and spirit, transforming the wounds of our past into opportunities for growth. Through journaling, photography, art and guided meditations, find our path to healing and self-discovery. Jan collaborates with each woman to create her healing portrait, her personal expression of wholeness. Using creative process, explore our unlimited capacity for healing, gain freedom from destructive behaviors, find the ability to change our perception of ourselves and events in our lives, realizing our “story” is not who we are. We’ll reclaim our joy, discover our strength and beauty, and support each other in creating a new vision for our lives.

Jan Goff-LaFontaine and Hilary Nicholls, DC, lead transformational retreats for women all over the world. Jan is an award winning photographer, author of 2 books, and creates healing portraits for women worldwide: www.janlafontaine.com. Hilary has been a holistic chiropractor for 24 years. She created the Inner Body Dialogue and the Guided Intention Series: www.nextsteps-online.net.

Childcare Availability for Spiritual Development Program

Childcare is available for most of the classes with pre-registration only. In order to pre-register for childcare, please contact Families Minister Beth Love: bethlove@icogitate.com or 831-466-3405, **no less than 14 days before the first class session**.

Other Exciting Fall Activities

In addition to the Spiritual Development Program, there are many other wonderful opportunities to get involved with Inner Light Ministries this fall. Here are a few of the offerings. **For further information about any of these activities, please call 831-465-9090 or visit <http://innerlightministries.com>.**

Green Business Camp Santa Cruz ~ Thursday, Oct 22

Well Being Celebration Fair and Dance ~ Saturday-September 26

Formal Curriculum Program

Classes begin September 17, 2009 for our formal curriculum program, which consists of a two year Core Curriculum and a two year Practitioner of Higher Consciousness Training Program. For more information, please contact the Education Ministry:

education@innerlightministries.com or 831-465-9090x206.



SPIRITUAL DEVELOPMENT PROGRAM

*Classes and Workshops
to Support Your Spiritual Growth*

Fall Session 2009

The ILM Education Ministry offers our Spiritual Development Program on a quarterly basis. This assortment of classes and workshops utilize a variety of modalities to provide tools for the practical application of Universal Spiritual Principles to life's circumstances. Every class is sponsored by one of our ministries. Regardless of your interests, unique path, or spiritual growth need, the Spiritual Development Program has something for you!

To register for any of these classes:

<http://innerlighteducationministry.eventbrite.com>

**Or use the Self-Serve area in our Social Hall,
or contact the Education Ministry for more information:**
education@innerlightministries.com or 831-465-9090 ext. 206.

Honoring Our Mother Earth:

An Introduction to Ancient Spiritual Wisdom

Andrea Boone

9 Tuesday evenings, Sept 15–Nov 10; 7:00–9:30 PM
and Saturday, Nov 14; 10:00 AM–5:00 PM; ILM Fireside Room

\$140 if registering by Sept 1; \$150 after Sept 1

Free Introductory Sessions: Th, 9/10, 7:30–9:30 PM; & Sun, 9/13, 2:00–4:00 PM

Whales. Forest. Ocean. Butterflies. Rivers. Humans. We are all interconnected. In this enriching 10-week journey for adults, we will explore the Celtic and Western shamanism traditions on how to communicate with the living land. Like the Native American Earth-based traditions, these teachings empower people to come into a richer, fuller experience of our place in the multidimensional world by moving into the level of soul interaction with the unseen but potent intelligences that are another aspect of the One Great Spirit.

Andrea Boone has practiced techniques of meditation and visionary contact for over 40 years. She teaches classes on connecting with the deepest core of Self and communicating with planetary and cosmic intelligences for healing the land and all things. <http://www.DeepestMeaning.com>

The Fully Resourced Life

Kaylie Dugan & Jean Rutherford

2 Saturdays, Oct 3 & 10; 10:00 AM–3:00ish; ILM Fireside Room

\$140 if registering by Sept 19; \$150 after Sept 19

Name, claim and manifest your true heart's desires using innovative 21st Century creation technology. This proven, simple and profound four-step process is clearly explained in a 48-page workbook that is included in the cost of the course.

Kaylie and Jean are both successful entrepreneurs and ILM Practitioners, and bring first-class experience and high-level enthusiasm to this lively class.

From Trash to Treasure: A Pique Assiette Workshop for All Ages

Kellie Albert

2 Sunday Afternoons Oct 11 and 19; 1:00–4:30; ILM Playground

Love Offering Basis – All Proceeds to Benefit Inner Light!

Participate with Divine Circulation in action by restoring, recycling and revising old items into beautiful mosaic stepping stones or wall hangings. This workshop provides endless possibilities for growing spiritually as we turn trash into treasure. Bring plastic molds such as old food containers or planter saucers, as well as non-perishable items you would like to put into the molds: ceramics, glass, shells, costume jewelry – use your imagination and look around your house! Fun for the whole family – children must be supervised by an adult. Be sure to bring your own lunch, as we will eat together in fellowship before creating.

Kellie Albert is a spiritual being who wears many hats. She is a graduate of ILM's Practitioner Training saying yes to creativity and artistry. Her medium is pique assiette where she continues to blend her spiritual growth and artistry with sharing and group prayers.

Intro to Tap Dance for Adults

Carol Hill

6 Mondays, Oct 5–Nov 9, 11:30 a.m. – 12:30 PM; ILM Social Hall

Sliding Scale \$50–70

All Proceeds to Benefit Inner Light!

The purpose of this class is to inspire a new connection with Spirit emanating from the energy flow between mind, body and music. As we come together, we remind ourselves that we dance, sing, and feel joy through the Grace of God. We share the basics of a percussive dance form with music and fun as a backdrop, while simultaneously bringing in extra abundance for ILM.

Carol Hill has been teaching dance in Santa Cruz County for over 40 years and currently teaches adults of all ages and levels at two local dance studios. The third generation of theatrical performers, Carol's father and grandfather were in vaudeville and theatre circuits across the country.

Getting Off the Victim Triangle and Into the Win-Win Circle

Rev. Katherine Revoir

Saturday, Oct 17; 9:30 AM–5:00 PM; ILM Social Hall

\$45 if registering by Oct 3; \$50 after Oct 3

Do you feel the need to take care of other people, then get a little angry when they don't listen to you, then feel unseen and unappreciated? The three roles demonstrated on the Victim Triangle are Rescuer, Persecutor, and Victim, and they all share the belief that the outside world is responsible for our well-being. Every unsuccessful interaction takes place on this triangle. Using creative visuals, role playing, and discussion, you will gain practical tools for living in the Win-win Circle, where the ego is set aside in service to a consciousness of forgiveness, non-judgment, spiritual self-care, and Oneness.

Rev. Katherine is the Spiritual Leader of Center for Richer Living in Mill Valley, CA. The author of two published books, she also writes and teaches fun and interactive classes and playshops that explore links between creative self-expression and spiritual development. <http://www.RicherLiving.org>

Singing Circle: Theme: Release

Valerie Joi Fiddmont

9 Wednesdays, Oct 21–Dec 16, 7:00–9:30 PM; ILM Social Hall

\$100 if registering by Oct 7; \$110 after Oct 7

Music is the creative expression that celebrates life. It has the power to inspire, heal, and transform both the artist and the listener. This workshop teaches how to minister through music and to give of one's self as an act of service. In addition to learning music, participants will learn how to ground their spiritual awareness through the study of Spiritual Principles. The Singing Circle will also provide the musical inspiration at the Sunday Celebration Service on December 13th. Join the fellowship and fun. Be a blessing.

Valerie Joi Fiddmont is an accomplished music minister and the creator of ILM's Singing Circle experience. She is committed to teaching ministry as a lifestyle and strongly believes in healing through the arts. She holds an MBA from Rice University and has released two music CDs: *Rise Above & Singing the Sacred Yes*.

Healing Your Relationship with God

Janet Ring

6 Wednesdays, Oct 28–Dec 2, 10:00 AM–Noon; ILM Fireside Room

\$60 if registering by Oct 14; \$65 after Oct 14

In this workshop we will explore and begin healing false beliefs about God so you can experience the joy of having a personal relationship with Spirit within. We will use visioning, prayer, writing, and class exercises and discussions as tools on this journey. Suggested text: *Love Poems from God*, edited by Daniel Ladinsky, available from the Inner Light Bookstore.

Rev. Janet Ring has been at Inner Light since its inception in 1997 and has studied with Rev. Deborah Johnson since that time. She is an Interfaith minister, a Prayer Practitioner, and head of Inner Light's Pastoral Care ministry.