

Childcare Availability For the 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 at: bethlove@icogitate.com or 831-466-3405 **no less than 14 days before the first class session**.

Other Exciting Summer Activities

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

Summer 2010 Bible Wisdom Series

(separate brochure available at Education table in Social Hall)

Activating The Power of Regeneration Within You

June 22nd, 23rd and 24th, 9am-4pm with **Dr. Will Coleman**

Sign up for any session or all 3! Each session \$40/ All 3 \$110

Morning lectures from 9am – Noon

Afternoon independent study and break out groups 1:15-4:00pm

Stories of Faith

Thursday Evenings, June 24th - July 22nd 7:00 – 9:30pm

Thursday June 24th 7:00- 9:30pm with Dr. Will Coleman Fee: \$25

Thursdays July 1 – 22 with Rev. Deborah L. Johnson,

Whole series: \$100 (including June 24th)

What Does the Bible Have to Do With Me?

Tuesday Evenings, August 3rd -24th 7:00-9:30pm

with Mahsea Evans

Fee: \$85

Summer 2010 Events

Prosperity Circle Reunion – with Maria Nemeth – Friday, July 9th

Prosperity seminar with Maria Nemeth – Saturday, July 10th

ILM Picnic – Saturday, July 24th

Elegant Treasures – Saturday, August 7th 8am-3pm

and August 8th after Service

ILM Choir Retreat – Saturday, August 28th

Formal Class Fall Retreat – September 11th

Formal Curriculum Fall Quarter Classes begin – September 16th

Formal Curriculum Program

Classes begin September 16th, 2010 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 see our Education Ministry Brochure and the FAQ's sheet, both available in the Social Hall.

You may contact the Education Ministry at:
education@innerlightministries.com
or 831-465-9090 x206.

The ILM Education Ministry offers our Spiritual Development Program throughout the year. These classes and workshops utilize a variety of learning modalities providing 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!

All Classes are held at:

Inner Light Center

5630 Soquel Drive

Soquel, CA 95073

(Near Park Ave. Exit off of Highway 1)

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 at:
education@innerlightministries.com
or 831-465-9090 ext. 206



SPIRITUAL DEVELOPMENT PROGRAM

*Classes and Workshops
to Support Your Spiritual Growth*

Summer Session 2010

www.InnerLightMinistries.com

SingIN the Spirit

Community Singing and Praise for Such a time as this!

Kath Robinson

7 Wednesdays, June 23rd – August 4th, 7:00pm–9:00pm, ILM Social Hall

Fees: \$100 – for all 7 sessions paid in advance, or \$20/night drop-in

This 7-week series facilitated by Kath Robinson will provide an experience of singing as a transformative force in our lives and in our community. Utilizing simple chants and the tools of prayer, guided meditation, toning, and improvisation, we focus our minds on the Divine and set our selves free to explore how music expresses itself as us! Harmony, healing, connection, wholeness and joy happen. As Spirit moves us, we'll play, groove, bop, contemplate, wail, beautify and get funky. This is a wonderfully, safe, place to reclaim the joy of music, set your voice free, No experience is necessary.

Kath Robinson is a New Thought Practitioner, a member of the ILM Choir and an active music minister. She has provided music ministry classes at ILM for the last four years, facilitating *Singing as a Spiritual Practice*, *SingIN*, *Community Praise*, Soloists Workshops and Chants Sunday. Before coming to Inner Light, Kath sang for 7 years with the A Cappella group [VocaMotion-Voices to Move the Spirit](#). As a workshop facilitator Kath offers a safe environment where Spirit can lead and healing, authentic expression can take place.

Healing Your Child-Self

Feeling safe in a 'grown up' world

Taica Patience

Saturday, June 26th, 9am–5pm, ILM Fireside Room

\$25-\$60 sliding scale

Are you determined to heal from the wounding of your childhood so that you can feel safe and balanced in the world? Do you yearn to live the life that you were born for? Explore childhood wounding, be held in a deep healing space with others, and embark on a quest to unearth the gifts and gems that come out of the hurt. This workshop will include a full Transformational Breath session, and is for anyone who is ready to take this journey.

Rev. Taica Patience is a Transformational Breath Facilitator with a local healing practice. What enlivens her is facilitating the emergence of innate balance and beauty in people, groups, and the world. She is she is joyful in song, sacred circles, wild places, and the kitchen.

'A Return to Love' – Book Study

Gan Neh Na Downing

6 Fridays, July 9th – August 13th, 9:30am–Noon, ILM Fireside Room

Fee: \$75 – all proceeds go to ILM

Are you ready to demystify the healing power of love? We will learn about triggers, healing, and taking responsibility for our own healing. We will learn to understand our triggers fully and to break cycles of repetitive behaviors that are no longer useful.

Gan Neh Na Downing is an ILM Practitioner, bereavement counselor, and hospice nurse with over 29 years of experience. She has helped to create a win/win marriage, making the art of being in relationship easy. She loves to pray!

Co-Parenting For Children's Sake

A class for divorced, separated, and blended families

Forbes Ellis, M.A., LMFT, Divorce Mediator

Saturday, July 17th, 9:30am–Noon, ILM Fireside Room

Fees: \$40 per co-parenting couple, \$25 per individual

This class is for co-parents, with an emphasis on children's well-being. How can we, as parents, best support our children? Primarily by learning and applying spiritual principles in our co-parenting relationship, yet also by understanding the importance of boundaries around communication and action that will help children to feel safe, supported, and loved. We will also explore the steps necessary to recover from divorce/separation using the technique called 'GROW': Grief, Rebound, Oneness, and Win-win-win. 'GROW' techniques will support and empower you emotionally and spiritually as a parent so that you may be more present for your children's sake.

Forbes Ellis is a Licensed Marriage & Family Therapist who specializes in co-parenting counseling and counseling children of divorce. Forbes is a child custody mediator and received his Certificate in Mediation from the Northern California Center for Mediation. Forbes is an adjunct faculty member at JFK University Graduate School, where he teaches Human and Child Development, as well as Grief from a Multi-Cultural Perspective. Forbes is also a dad who has co-parented for eight years. For more information about Forbes, check out his website at www.forbesellis.com.

Women's Wisdom Ways: Return to the Sacred Circle

Taica Patience and Astrid Grove

4 Thursdays, July 22nd – August 12th, 6:30pm–9:00pm, ILM Fireside Room

\$75-\$150 sliding scale

Are you a spiritual woman on a quest for a powerful shift in consciousness? Do you know the power of women coming together for a divine purpose? The world paradigm is shifting. What is your role as an empowered woman? Return to the temple within. We will connect through the sacred to create and strengthen the inner resources that we need at this time. We will use ancient tools such as women's wisdom council, transformative breathing, ritual, song, and shamanic journeying in order to remember the wisdom and teachings of our ancestors while creating new rituals for our times.

Rev. Taica Patience is a Transformational Breath Facilitator with a local healing practice.

(See bio on previous page.)

Astrid Grove, LM, CPM is a midwife and herbalist certified in Maya Abdominal Therapy serving Santa Cruz and Santa Clara counties. Her passion lies in co-creating sacred space for spontaneous healing to occur, as well as frolicking in the forest, serving women and families, and cooking and crafting at home.

Catch the Magic: Create Your Own 'ILM Tool Kit'

Samatha Bartels, Kathy Miles, and Char Knowles

5 Thursdays, July 29th – August 26th, 7:00pm-10:00pm, ILM Teen Room

Fee: \$60

Have you ever wondered what ILM is all about? What are these 'Tools for Living' that are mentioned every Sunday? What does affirmative prayer mean? Have you wanted to start a spiritual practice but couldn't get it together? Join us in an introduction to ILM's practices and principles. Learn what 'movement in consciousness' is through prayer, spoken word, visioning, gratitude, affirmations, and movement. Guest speakers from a variety of ILM ministries will enrich and enliven your experience. Make new connections and be prepared to laugh, move, enjoy, expand, give, and receive.

Samatha Bartels is on fire with Spirit! Since completing her Practitioner's Program at ILM, she has blended her many years in the education field with her love and enthusiasm for inspiring those on a spiritual quest.

When **Kathy Miles** first came to ILM, she found vitality, aliveness, and practicality, and she knew she was home. Here she learned the tools that took her spiritual journey to a new and exciting level, and she wants to share those tools with you!

Four years ago **Char Knowles** found her calling and set out on her path toward spiritual empowerment. She has a deep commitment to sharing the heart of ILM. For the skeptic, for the curious, this class is where you want to be!

Healthy Choices For Our Body Temples

Freedom From Inflammation

Beth Freewoman and Kelly Stoll

4 Wednesdays, August 18th – September 8th, 7:00pm -9:30pm, ILM

Fireside Room

Fee: \$120

Beth and Kelly will create an empowering, supportive, and information-sharing environment that will encourage healthy living choices that are in alignment with the Health that we are. They will help to deepen our experience of the Oneness of Spirit, body, and mind, as well as assist us in coming to understand the role that inflammation plays in our health. This class offers practical tools that increase our expression of health through food, movement, education, and awareness. Classes will include informative lectures, delicious and educational food tastings and demos, take-home recipes, and body-based awareness practices and exercises.

Beth Freewoman is a Practitioner-in-Training at ILM with a passion for health and well-being and a calling to ministry in this area. She is a certified natural foods chef and has a thriving meal preparation service called The Open Hearth.

Kelly Stoll is a Rolfer and Movement Therapist who specializes in bringing awareness to the effects of gravity on the structure of the body temple. She teaches skills to change the habitual patterns that create chronic pain and tension.

Keeping Current: The Key To Intimacy

Beth Love & Golden Love

Saturday, August 21st 9am-5pm and Thursday, August 26th, 7pm-9:30pm,

ILM Teen Room

Fees: \$50-\$75 sliding scale/individual

~ Family Discount: \$25 off second and any additional people ~

Keeping current is a process for increasing ease, harmony, and health in relationships. In this highly experiential workshop you will learn how to use this powerful tool to improve the quality of your relationships, whether with your significant other, family members, friends, or co-workers. Improve communication, remove blocks to intimacy, free yourself from resentment, and experience a deeper level of connection. As a follow-up to the workshop, our ongoing online forum provides support for continued learning and healing. This workshop is open to adults and teens who want to learn to grow.

Golden and Beth Love cherish the honesty, unconditional love, and mutual respect in their ten-year marriage. Through keeping current, they maintain a high level of intimacy on a consistent basis. Both of them are ILM Practitioners of Higher Consciousness.