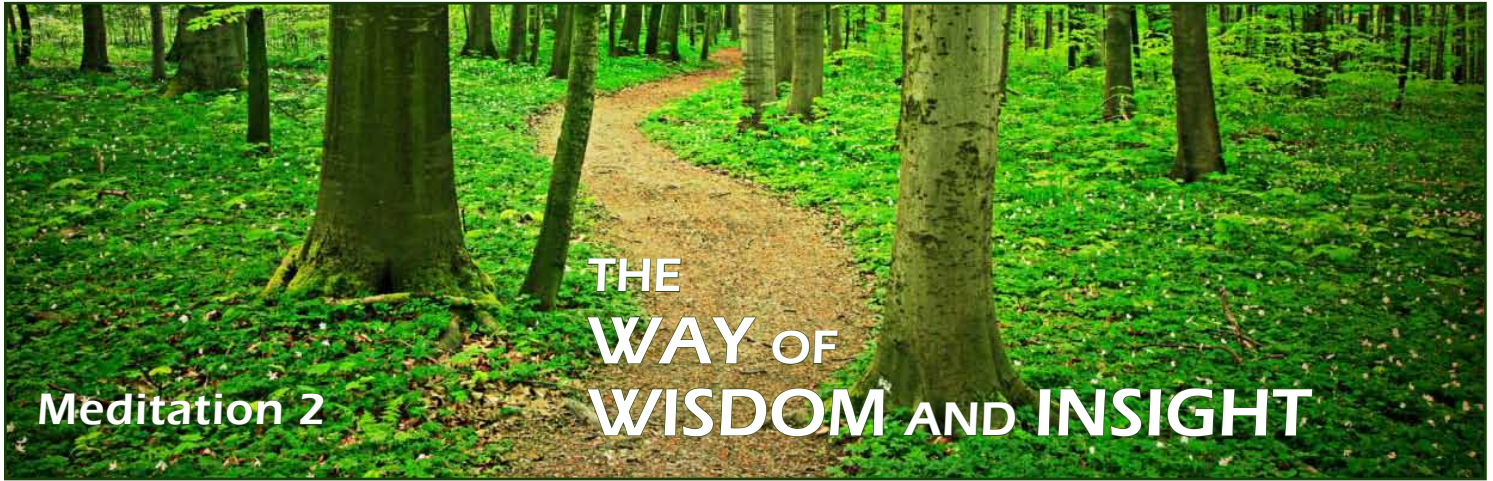


PASSIONIST
EARTH & SPIRIT CENTER

1924 NEWBURG ROAD • LOUISVILLE, KY 40205 • 502.452.2749 • WWW.EARTHANDSPIRITCENTER.ORG



Meditation 2
THE WAY OF WISDOM AND INSIGHT

THE School OF
Meditation

Meditation 2

TEN-WEEK COURSE

FOR THOSE WHO HAVE COMPLETED
MED 1: INTRODUCTION TO MINDFULNESS

BEGINS FEBRUARY 13, 2017

TWO TIME OPTIONS

- Monday mornings 10:00 – 11:30 AM
- Monday evenings 7:00 – 8:30 PM



Meditation Part 2
The Way of Wisdom and Insight
Cultivating a Balanced Mind

Mindfulness is a learned skill that offers profound physical, psychological and spiritual benefits. This course presents the theory and application of mindfulness to the four dimensions of life: body, feelings, mental phenomena, and spiritual dynamics. It focuses on the wisdom, insights and happiness that can be achieved through meditative experiences. The simple but powerful techniques of mindfulness can help sharpen attention, deal with tumultuous feelings, overcome mental reactivity, and ultimately put life in a balanced perspective.

- 10 Monday classes: February 13, 20, 27, March 6, 13, 27, April 3, 10, 17, 24, 2017
- Time: 10:00 A.M.–11:30 A.M. OR 7:00–8:30 P.M. The same class is offered mornings and evenings. Participants can attend either session.
- Instructor: Fr. Joe Mitchell, CP
- Course fee: \$175. However, no one will be refused for lack of funds. Scholarships are available upon request.
- Register using this form or online at www.earthandspiritcenter.org or call 502.452.2749.

✂ REGISTRATION
Registration for Spring 2017 **Meditation 2 – THE WAY OF WISDOM AND INSIGHT** (10 sessions, \$175)

(check one) Monday mornings Monday evenings

Registration for Spring 2017 **Module 2 – SPIRITUAL INTEGRATION COMMUNITY** (5 sessions, \$75)

(check one) Wednesday mornings Wednesday evenings

Name _____ Phone (PRIMARY) _____

Address _____ Phone (SECONDARY) _____

City/State/Zip _____

Email _____ Amount Enclosed \$ _____

Please enclose \$175 to reserve your place. Make checks payable to: Earth & Spirit Center. See our website for refund policy.

MAIL TO: Earth & Spirit Center • 1924 Newburg Road • Louisville, KY 40205 • 502.452.2749



Academy for Living in Harmony

Module 2 – Spring 2017

Meditation 2

The Way of Wisdom and Insight

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- Fee: \$175. However, no one will be refused for lack of funds.

Meditation 2

Spiritual Integration Community

The Spiritual Integration Community offers an opportunity to deepen your spiritual path and understanding. It provides a forum for personal formation experience and group spiritual guidance. Structured as a companion to Med 2—Insight Meditation, students learn reflective practices to help them integrate meditative insights and apply them to their lives.

- Wednesdays – March 8, 22, April 5, 19, May 3
- Option 1 – Mornings 10:30 a.m. to 12:00 noon
Facilitator: Kathleen Kaelin, OSU
- Option 2 – Evenings 7:00-8:30 p.m.
Facilitator: Natasha Burrowes, MATS
- Fee: \$75. No one is refused for lack of funds.
- 15 participant limit. Registration deadline March 5.

Saturday Seminar

Embodied Spirituality

March 18, 2017
9:00 a.m. to 2:30 p.m.

This seminar explores how to embody the Spirit. It focuses on how we can be present with the Divine as it is expressed in and through our bodies. Through meditation, movement, and shared reflection, participants will explore their beliefs and understanding of how we live, move, and have our being.

- Presenters: Lois Lockett, LCSW and Marcy Allman, MA
- Fee: \$50; \$25 for students enrolled in Med 2 for registrations received by March 4, 2017.

Saturday Seminar

Emotional Balance

April 22, 2017
9:30 a.m. to 3:00 p.m.

This seminar offers skills and practice for facing challenging emotions with courage and compassion. We will explore a pathway through difficult emotions, noticing ways to allow these parts of ourselves to move into friendly relationship with awareness and eventually dissolve into an opening loving spaciousness.

- Presenter: Kathleen Kaelin, OSU
- Fee: \$50; \$25 for students enrolled in Med 2 for registrations received by April 8, 2017.

Integral Spirituality

The Pattern and Process of Transformation

Integral Spirituality offers a multi-dimensional perspective on how meditation enhances the evolution of consciousness and personal transformation. This course combines the Eastern disciplines for cultivating higher states of consciousness with the Western psychological insights. Employing the work of Ken Wilber, it offers a comprehensive framework for understanding the world. Participants will learn the integral vision, spiral dynamics, four corners of reality, stages of human development, the formation of the self, and integral life practices.

- Option 1 – 5 Tuesday evening classes 7:00-8:30 pm: May 9, 16, 23, 30, June 6, 2017
- Option 2 – 5 Wednesday morning classes 10:00-11:30 am: May 10, 17, 24, 31, June 7, 2017
- Instructor: Fr. Joe Mitchell, CP
- Fee: \$100 paid by April 30, 2017; \$120 after May 1, 2017.

**Register using the form on opposite side of this page, OR
online at www.earthandspiritcenter.org OR call 502.452.2749.**