

**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 joyful in sacred circles, wild places, the kitchen, and with loved ones.

**Thomas Booher** was raised with God Awareness. Thomas has walked on fire, done sweat lodges, studied with spiritual teachers, and read a couple of hundred spiritual, self-help, and metaphysical books. Thomas is passionate about facilitating transformative groups. At ILM he is known for his availability and integrity.

### **The Cosmic 'I'**

Karen Elizabeth

Thursday, June 17<sup>th</sup>, 6:00pm–9:00pm, ILM Prayer Room

\$30 when registered by June 3<sup>rd</sup>, \$40 after June 3<sup>rd</sup>

All people saying 'I' are awakened to an internal Presence. Just allow your eyes to close, sound 'I' ten times, and notice what you feel. What if you can connect to this internal Presence in all humanity and direct the collective energy of this internal Presence to your needs. That is an encapsulated version of the power and benefits of the practice of the Cosmic 'I.' Why do it alone when the force-field of Nature and of all humanity are meant to fuel and catapult you into infinite good? Join us as Karen leads us as our mystic guide through the process of tuning in to the Cosmic 'I.'

**Karen Elizabeth** is an ILM Practitioner and Faculty Member who also happens to be ILM's Operations Manager. She is well studied in the awakening of the Cosmic 'I' as a Mystical Coach and is a student of Brother Ishmael Tetteh, founder of Conscious Humanity Inc. and the Ethereal Mission in Ghana, America and the World. Karen is prepared to share this practice with her ILM community.

### **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](mailto:bethlove@icogitate.com) or 831-466-3405 **no less than 14 days before the first class session**.

### **Other Exciting Spring Activities**

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

**Prosperity Circles** ~ Various schedules start March 22<sup>nd</sup>

**Will Coleman Ph.D.** ~ April 1<sup>st</sup> and 2<sup>nd</sup>

**Formal Curriculum Spring Quarter begins** ~ April 1<sup>st</sup>

**Prosperity Workshop with Rev. Deborah Johnson** ~ April 16<sup>th</sup> and 17<sup>th</sup>

**ILM Choir Concerts** ~ Friday, April 30<sup>th</sup> and Saturday, May 1<sup>st</sup>

**Opening to Abundance Seminars** ~ begin May 7<sup>th</sup>

**Family Ministries Retreat** ~ June 6<sup>th</sup>

**Formal Curriculum Graduation and Completion Ceremony** ~ June 12<sup>th</sup>

**Elegant Treasures** ~ Saturday, August 7<sup>th</sup> and 8<sup>th</sup>

### **Formal Curriculum Program**

Classes begin September 16<sup>th</sup>, 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, please contact the Education Ministry at:

**[education@innerlightministries.com](mailto:education@innerlightministries.com) or 831-465-9090 x206.**



# SPIRITUAL DEVELOPMENT PROGRAM

*Classes and Workshops  
to Support Your Spiritual Growth*

## Spring Session 2010

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

### **Singing As a Spiritual Practice**

**For singers, musicians, and music lovers  
who seek to deepen their experience of the Divine**

Kath Robinson

9 Wednesdays, March 24<sup>th</sup> – May 26<sup>th</sup>, 7:00pm–9:30pm, ILM Social Hall

*Includes Community Sing Night on May 19<sup>th</sup> in the ILM Sanctuary*

\$110 if registering by March 10<sup>th</sup>, \$120 after March 10<sup>th</sup>

This 9-week seminar facilitated by Kath Robinson will explore singing as a form of prayer and a transformative healing force in our personal lives, our community, and our world. We'll focus on becoming more spiritually available to music and more musically available to Spirit! We will explore the Spiritual Quality of Bounty and we will share our music with our community at a special Community Sing Night on May 19<sup>th</sup>. This course qualifies as one of the pre-requisites for ILM Choir membership. Open to adults. No experience 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 SingIN, Community PraiseIN, 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 and authentic expression can take place.

### **Tell a Vision!**

Rev. Janet Ring

4 Thursdays, April 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>, 10:00am–Noon, ILM Fireside Room

\$40 if registering by March 25<sup>th</sup>, \$50 after March 25<sup>th</sup>

In his recent PBS program 'The Answer is You,' Rev. Michael Beckwith encouraged us to gather together and 'Tell a Vision!' In an atmosphere of fun and the spirit of joy, we'll use the visioning process to ask questions to help us receive the images and spiritual qualities for developing our visions for global transformation, spiritual growth, and our work in the world. You don't have to be familiar with the visioning process to take this workshop, and those who are familiar with the process will have the opportunity to go deeper in their experience with this transformative tool.

**Rev. Janet Ring** has been at Inner Light since its inception and has studied with Reverend Deborah Johnson for 13 years. She is an ordained Interfaith Minister, Prayer Practitioner, Spiritual Counselor, and head of Inner Light's Pastoral Care Ministry.

### **Co-Parenting For Children's Sake**

**A class for divorced, separated, and blended families**

Forbes Ellis, M.S., LMFT Divorce Mediator

4 Saturdays, April 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and May 1<sup>st</sup>, 10:30am–Noon, ILM Fireside Room

\$100 per co-parenting couple, \$60 per individual if registering by March 27<sup>th</sup>

\$110/\$70 after March 27<sup>th</sup>

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 the web at [www.forbesellis.com](http://www.forbesellis.com).

### **Dance Celestial**

Celeste Chesko

6 Mondays, April 19<sup>th</sup>, 26<sup>th</sup>, May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>, 7:00pm–9:00pm, ILM Sanctuary

\$60 if registering by April 5<sup>th</sup>, \$70 after April 5<sup>th</sup>

We will explore the feeling of movement and how that feeling relates to spiritual qualities. We will establish a vocabulary of movement, explore how various spiritual qualities look in movement, and learn the choreography (and practical application) of transitioning from one movement to the next. We will teach basic movements from natural and spiritual laws. Did you know that we can explore tempo through feeling gravity, the Earth's pull, and we can explore the spiritual qualities of upliftment through flight? There will also be exploration of vibration, wholeness and unity, giving and receiving, and release and expansion.

**Celeste Chesko** is an Inner Light Practitioner of Higher Consciousness who studied and worked as a professional dancer for 25 years. During her dancing career, she represented the United States in the Friendship Forest Project, which raised money for childcare and women's health concerns in Egypt. She also birthed a new genre of movement in Belly Dance, which blends masculine and feminine forms of dance through Flamenco and Belly Dancing.

### **Craft Your Prayers**

Beth Love & Kathy Schmidt

Sunday, May 2<sup>nd</sup>, 1:15pm–4:00pm, ILM Playground

*Love Offering, All proceeds to benefit ILM Families Ministry*

To create is to be at one in mind, soul, and heart, fully present in the moment. In this workshop, we will create objects of beauty as a spiritual practice. Through the utilization of recycled materials, we will increase consciousness of our role as stewards of Mother Earth and her resources. We will enjoy the process of creation, releasing our judgments of what art 'should' look like, and allowing the Infinite to create uniquely through each of us. This workshop is open to people of all ages and abilities.

**Kathy Schmidt** loves to craft. Scrapbooking and card-making are her specialties. Kathy is a founding member of Inner Light's Magic and Adventure Ministry and a student in the Core Curriculum.

**Beth Love** loves being 'in the zone' while allowing God to create beautiful objects through her. She is passionate about sharing her love of crafting with people of all ages. You can see some of Beth's art in the ILM Bookstore (the decorated glass plates and bead earrings).

### **Healing Your Child-Self**

**Feeling safe in a 'grown up' world**

Taica Patience & Thomas Booher

Saturday, May 8<sup>th</sup>, 10am–4:30pm, ILM Fireside Room

\$60-\$25 sliding scale, *all proceeds to benefit ILM ministries*

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. (...continued on back)