

PASSIONIST
EARTH & SPIRIT CENTER

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

Meditation

*Understanding the World Within
Training the Mind and Heart
Growing in Wisdom*



Meditation for Beginners

Wednesday Sessions begin September 2010

Learn to Meditate – Encounter the Inner Christ

This class is for those interested in learning or becoming re-familiar with the practice of meditation. It includes: basic instructions in a method of Christian insight meditation; the psychological and scriptural underpinnings of the practice; a map of the inner world; and guidance for applying meditative wisdom in daily life.

- Saturday, September 18, 2010 – 9:00 a.m. to 3:30 p.m.
Orientation to Meditation (prerequisite for Wednesday classes)
- Ten Wednesday classes: Sept. 22, 29, Oct. 6, 13, 20, Nov. 3, 10, 17, 24, Dec. 1; from 10:00 A.M.–11:30 A.M. OR 7:00–8:30 P.M.
- The same class will be presented mornings and evenings.
Participants can attend either session.
- Text: *The Kingdom Within* by John Sanford

- Instructor: Fr. Joe Mitchell, CP
- Location: The Barn behind the Passionist Monastery at 1924 Newburg Road in Louisville, KY
- Suggested donation: \$140. However, no one will be refused for lack of funds.
- For information call: 502.452.2749
or email: earthandspirit@passionist.org

Meditation for Experienced Students

Tuesday Sessions begin September 2010

Insight Meditation

This class is for experienced meditators who wish to deepen their practice. The study will focus on cultivating the skills and understanding of Insight Meditation – insight into the nature of things, leading to inner freedom. It will guide participants toward emptying themselves of identification with the ego so as to be available to the Inner Spirit.

- Saturday, September 11, 2010 – 9:30 a.m. to 12:30 p.m.
- Ten Tuesday classes: Sept. 21, 28, Oct. 5, 12, 19, Nov. 2, 9, 16, 23, 30
mornings 10:30 A.M.–12:00 NOON OR evenings 7:00–8:30 P.M.
- The same class will be presented mornings and evenings.



REGISTRATION

Yes, I would like to register: Beginning Meditation – Wednesdays Experienced Meditation – Tuesdays

Name _____ Phone (HOME) _____

Address _____ Phone (WORK) _____

City/State/Zip _____

Email _____ \$20 DEPOSIT enclosed for class: Yes

Make checks payable to: Earth & Spirit Center. Please enclose a \$20 deposit to confirm your reservation.

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