

PASSIONIST

# EARTH & SPIRIT CENTER

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

CLASSES BEGIN FEBRUARY 2012

# Meditation

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



## Beginning Meditation

Wednesday Sessions

### Encountering the Spirit Within

This class is a basic guide for those interested in learning the fundamentals of meditation. It presents meditation in a straightforward and useful way. Participants receive a descriptive map of the inner world and directions on how to navigate the world within. Each class offers: basic instructions in a method of Christian insight meditation; the psychological principles and scriptural underpinnings of the practice; and guidance for applying meditative wisdom in daily life.

- Saturday, February 11, 2012 – 9:00 a.m. to 3:30 p.m.  
Orientation to Meditation (prerequisite for Wednesday classes)
- Ten Wednesday classes: Feb. 15, 22, 29, Mar. 7, 14, 28, Apr. 4, 11, 18, 25
- Time: 10:00 A.M.–11:30 A.M. OR 7:00–8:30 P.M. The same class is presented mornings and evenings. Participants can attend either session.
- Text: *The Kingdom Within* by John Sanford



## Continuing Meditation

Tuesday Sessions

### Insight Meditation for Experienced Students

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 false self of ego so as to be available to the Inner Spirit.

- Saturday, February 18, 2012 – 9:30 a.m. to 12:30 p.m.
- Ten Tuesday classes: Feb. 14, 21, 28, Mar. 6, 13, 27, Apr. 3, 10, 17, 24
- Time: 10:30 A.M.–12:00 NOON OR 7:00–8:30 P.M. The same class is presented mornings and evenings. Participants can attend either session.

- Instructor: Fr. Joe Mitchell, CP
- Location: the barn behind the Passionist Monastery
- Suggested donation: \$140.  
However, no one will be refused for lack of funds.
- For information, call 502.452.2749  
or email [earthandspirit@passionist.org](mailto:earthandspirit@passionist.org)

✂ ..... **REGISTRATION** .....  
Registration for 2012 winter/spring meditation course:  Beginning Meditation – Wednesdays  Continuing Meditation – Tuesdays

Name \_\_\_\_\_ Phone (HOME) \_\_\_\_\_

Address \_\_\_\_\_ Phone (WORK) \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ \$20 DEPOSIT enclosed: 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