



Seaside Center for Spiritual Living
Education Department
Teaching Science of Mind and Life Enrichment



Catalog
of
Fall Classes
2010

Learning that Sparks Your Spirit!

Seaside Center for Spiritual Living
1613 Lake Drive Encinitas, CA 92024
www.seasidecenter.org
(760)753-5786



In 2010 Celebrate Joy and Freedom!

Our Science of Mind classes give you the opportunity to expand your knowledge of the Eternal Principles of Life and how they are at work in your world. These life-changing classes give you excellent tools for expanding your awareness and finding deeper meaning and joy everyday.

Each class is what you make it to be. You can use it as a framework for increasing your own spiritual practice; you can find within it the answers to your most pressing questions; you can learn to release the old baggage you have been carrying with you for so long and learn to live in the deep joy of spiritual knowing.

Give yourself the gift of a Science of Mind class. We extend this invitation to you from the Seaside Center, and it is truly your inner spirit calling you to that deeper realization of yourself. Join us on the adventure of the inner voyage and learn to live successfully from the inside out. We look forward to sharing your journey!

INSIDE THIS CATALOG

Science of Mind Certificated Classes	page 2-4
Enrichment Classes & Workshops	page 5-9
Discussion & On-going Support Groups	page 10
Master Practitioner Classes	page 11
Holmes Institute -School of Consciousness Studies	page 12
Educational Calendar 2010	page 13
How to Register	page 14

— Certified Class —



Foundations *of the Science of Mind*

***A 10-week Journey of Self-Empowerment & Transformation
with Rev. Christian Sorensen, D.D.***

In this powerful class you will examine the basic principles of Science of Mind and uncover old beliefs that may be limiting your life right now. Learn in a safe and supportive environment, where you can deepen your spiritual understanding at your own pace and discover the hidden riches within. Spiritual Mind Treatment, meditation and other spiritual practices are taught, giving you options for your own daily practice. This class is experiential with many exercises to assist you in embracing and incorporating Science of Mind principles in practical ways. This course includes and requires attendance at the Spiritual Mind Treatment workshop for certification.

Topics Include:

- How the Spiritual Reality of life works
- Creating what you truly want
- Forgiving the past, living in the present, designing the future
- The power of thought
- Spiritual Mind Treatment and how affirmative prayer works
- Living in Abundance
- Fundamentals of relationships
- Daily practices of meditation, journaling, and visioning

**Rev. Christian Sorensen, D.D. Tuesday Evenings, 6:30 to 9:30pm
Begins September 14, 10 weeks**

Spiritual Mind Treatment Workshop, October 16, 9:00am - 1:00pm

Class Fee: \$245 first time, \$125 for those who wish to audit (revisit)

Text: *The Science of Mind*, by Ernest Holmes



— Certified Class —

The Essential Ernest Holmes

A 10-week exploration of the Science of Mind and You!

with Catherine Bonin, RScP

This class is a loving tribute to Dr. Ernest Holmes and all of the wisdom he brought to our world, and this class is about YOU, using Ernest's words as a foundation from which to build your own future, one belief at a time.

The material is based upon *What We Believe* and each week you are presented with the opportunity to examine these ideas and uncover ways to make the power of this teaching come alive in your life. Each week has a light meditation that takes you progressively deeper and deeper into the light to find inner truth.*

Topics Include:

- Your personal experience of your Source
- Being a powerful creative being
- What we seek is seeking us
- The Power is in the prayer when it is prayed
- Spiritual Mind Treatment - Affirmative Prayer
- The Divine Pattern at the center of everything
- The complexities and practicality of cause and effect
- The untapped powers of the self

Catherine Bonin, RScP

Tuesday Evenings 6:30 to 9:30pm

Begins September 14, 10 weeks Class Fee \$ 245

*Prerequisite: Foundations of Science of Mind

Text: *The Essential Ernest Holmes*, by Ernest Holmes



— Certified Class —

Practitioner Study

*A two-year course in advanced spiritual awareness that creates a healing consciousness and prepares the student for becoming a professional Religious Science Practitioner.**

Practitioner I: Living the Principles

With Michelle Tiernan, RScP

The first year of Practitioner study is devoted to advancing spiritual awareness and exploring your relation to the universe. **Practitioner I is designed to be a whole class in itself, preparing you to live life more fully, whether or not you choose to continue your studies.*

Registration \$150, Class \$200 per term (three 10-week terms)
Begins September 13, 30 weeks, Mondays, 6:30 - 9:30pm

Practitioner II: The Life of the Practitioner

With Rev. Katherine Economou

The second year of Practitioner study focuses on the consciousness, skills and responsibilities of the Practitioner, the principles we teach, the process in healing, and the relationship to the church, the community and the world.

Registration \$150, Class \$200 per term (three 10-week terms)
Begins September 13, 30 weeks, Mondays, 6:30 - 9:30 pm

THE PRACTITIONER PATH

If you are interested in studying to become a licensed Religious Science Practitioner, these are the classes that are prerequisite for Practitioner study. Currently, before entering Practitioner training, you must take 6 certificated classes. *They are:*

1. *Foundations of Science of Mind*
2. *Power of Your Word or Treatment and Meditation*
3. *Essential Ernest Holmes*
4. *Your choice of a history/philosophy class (Roots, Troward: Edinburgh Lectures, Ignite Your Life with Bible Wisdom)*
5. *Your choice of a practical applications class (Self-Mastery, Financial Freedom, Principles of Successful Living, Visioning, 5 Gifts for an Abundant Life)*
6. *Your choice of a consciousness class (Meditation is More Than You Think, Mind-Body Connection, Practical Mysticism)*

Fall Enrichment Classes

*Spiritual
Economics*

with Rev. Tammy Miller



True prosperity and spiritual well-being flow where there is a consciousness of wholeness. In this way, we manifest our true desire which is to be completely fulfilled and overflowing with the richness of life.

Explore the real world of money and spirituality. Manage the laws of circulation in practical ways that make your life work. Create a new reality of what it means to lead a life based upon the powerful foundation of spiritual truth.

Based upon the book *Spiritual Economics* by Eric Butterworth, this class is experiential with lively discussion and exercises.

**4 Monday Evenings
September 13 - October 11
Class Fee: \$65**

Writing from Your Creative Soul

with award-winning writer, Carol Roper

The purpose of this class is to increase your creative soul and offer you tools to recognize, explore and enhance your creativity in whatever manner it manifests in your life. All writing takes the invisible and makes it visible. In this safe and supportive class you are encouraged through the use of imagery, writing exercises and meditation to a deeper awakening of your creative soul, and to write in the rhythm and language of your true voice whether it is a journal, play, memoir, non-fiction or fiction.

Instructor Carol Roper is an award-winning playwright, novelist and screenwriter who has written for and worked with Academy Award-winning actor Robin Williams. She's taught writing at the University of Southern California and the University of California, San Diego and is a lifetime member of the Writers Guild of America.

Thursday Evenings, 7:00 - 9:30 pm

September 30 - October 21

Class Fee: \$65

Calling in 'The One'

8 Week Study Course

with Certified Coach, Sydney Salt



Are you ready to attract the love of your life? In this study class of *Calling In "The One"*, you will clear away the obstacles that hold you back from deeper love and create your best life to manifest your perfect partner. Experience breakthroughs that open the way for a romantic relationship with someone truly worthy of your love and create a powerful relationship with your own 'beloved' self. Expect magic and transformation!

Thursday Evenings, 6:00 - 9:00pm

September 30 - November 18

Class Fee: \$280 plus cost of book

The Miracle of U!
Where Your Soul Meets Your Life
with Abbey Gooch
Intuitive Success Coach & Inspirational Speaker

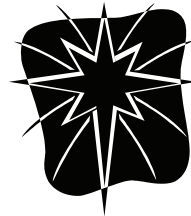
In this class you will learn a manifesting tool to heal and create the life you desire. We will create the space for you to discover your intuition and you will learn how to connect with your own inner wisdom and resources to create a life that you love.

This is an opportunity to forever change your life and open a new door. Imagine having positive and loving relationships. Imagine having a business overflowing with money, clients, and a deep sense of contribution. Imagine living in a body that you love and feel good in! It's all possible, the question is do you want to embrace who you are now or later?

Join us for this powerful walk into the truth and beauty of who you are and the infinite possibilities available to you!

Monday Evenings, 7:00 – 9:00pm
Six sessions Sept. 20, Oct. 4, 18, Nov. 1, 15, Dec. 6
Class Fee: \$95

Spiritual Mind Treatment
Workshop



with Rev. Katherine Economou

You are invited to spend a morning of your life mastering the skill of Spiritual Mind Treatment. The powerful results of prayer are now scientifically proven, and the directed prayer we use in Religious Science can be a tool of transformation for you. This special workshop will give you a personal experience of each of the stages of treatment so that you can more effectively use it. Align your outer reality with the inner truth of your being. Join us for an inspirational and educational opportunity to perfect the art of prayer.

Saturday, October 16 9:00am - 1:00pm
Class Fee: \$15

No charge for Foundations Students, as this workshop is included with the course and is required for certification.

Fall Enrichment Workshops



Principles to Make You Rich!

with Dr. Gordon Ray

This powerful workshop will assist you in achieving the destinations of your most awesome dreams! Learn how to put spiritual principles into practice through exercises and processes designed to lead you to higher dimensions of wealth and freedom. A Personal Wealth Planner and Program CD included.

Dr. Gordon Ray is an internationally known motivational speaker, teacher, author and corporate consultant. He has been teaching people how to access and develop their inner unused potential to create and experience a life of abundance and power for more than 25 years. In this workshop he will teach you how to make it happen for yourself. Lift Off Your Launching Pad and Soar into the Stars in this Magical Program!

It's going to be a powerful and exciting process of discovery!

Saturday Workshop 9:00am - 4:00pm*

October 23 Class Fee: \$65

**please bring a sack lunch and water for yourself*

Basics of Essential Feng Shui: Balance, Harmonize and Transform your Life with Jina Bjelland, RScP

In this fun workshop you will learn how to create balance, harmony and prosperity in your environment. This course is a practical guide to Feng Shui on how to apply and benefit from the ancient wisdom found in the Chinese art of placement. Jina is a graduate of the Western School of Feng Shui and teaches adult education classes and seminars around San Diego County.

Thursday Workshop, 6:30 - 9:30pm

October 28

Class Fee: \$30 plus \$10 materials fee

***The Joy of Laughter:
Live, Laugh, Love!***

with Sarito Sun & Share Watson

Laughter is Joy!

Laughter is Enlightenment!

Laughter is Meditation!

Laughter and Humor open the doors to the Divine!

Join us after services on Nov 14 for this unique and powerful type of meditation. We will laugh together in Joy and Love and Playfulness and then relax in a delicious stillness.

Come experience the healing nature of Joy and Laughter!

“Laughter is the healthiest response to life.” ~ Deepak Chopra

Sunday Workshop, 2:00 - 3:15pm

Nov 14 Donation \$10



Celebrating Dia de Los Muertos:

Creating Altars to Honor Transition and Loss

with Cathy Bacquet, RScP and Kit-Bacon Gressitt

We all suffer loss - lost loved ones, lost youth, lost beliefs, lost hopes, lost homes, etc - but we don't always have the opportunity to express it creatively. This workshop will explore the Mexican Day of the Dead customs, in particular altars, and allow you the space to conceive and build your own altar to a lost loved one or thing, tangible or intangible. If you are able to offer up your altar to the world, you can conclude the course by installing your altar with other participants at the Center for the Arts, Escondido on November 1st as part of their annual event.

3 Sunday Afternoons, 2:00 - 4:30pm

October 17, 24, 31

Class Fee \$50

Discussion and Ongoing Groups:



Seaside Young Adults Group Ongoing Connection and Social Group

This is a new group for those who are between 18 and 30. Our intention is to create a safe space to come together to connect and share what is happening in our lives. We share, teach and inspire others to greatness - empowering ourselves to new levels of awareness, service and contribution to the planet. We shine our lights bright for others to see and follow. Join us.

Sacred Circles

This year Seaside is joining together to create
a year of ***Joy and Freedom!***



Sacred Circles are small groups led by our licensed Religious Science Practitioners. They meet in homes local to you to discuss and deepen in the wisdom brought forth through the Sunday message and the journal entries from the ***Joyous Freedom Journal***. These are ongoing circles and you can join them at any time.

See the table in the Family Room for more information

Abraham Discussion Group with Laura Shepard

An ongoing Abraham-Hicks discussion group. Are you ready to fully embrace what you say you believe? Release victimhood once and for all and move into accepting full responsibility as the creator of your life.

Mondays, 7:00 - 8:30pm, Love Offering

A Course in Miracles Ongoing Study Group with Jeannine Caryl

A Course in Miracles teaches an inner awakening to "the awareness of love's presence" in both self and others. The Course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim at removing the blocks to the awareness of love's presence which is your natural inheritance.

Thursday Evenings, 7:00 - 8:30pm, Love Offering



Master Practitioner

Advanced Program of Study for Licensed Practitioners of Religious Science

This is a special program created for licensed Religious Science Practitioners to deepen all aspects of their Practitioner Life and achieve the designation of Master Practitioner. Classes are usually held on evenings and weekends. For more information and a class schedule please call the Education Department at (760) 753-5786 , ext. 828.

Spiritual Counseling

Presence, Prayer and Transformation

With Rev. Alice Bandy

Open to Religious Science Practitioners

One of the great privileges of our work is to assist others through Spiritual Counseling. In this powerful class, you will learn how to build a strong practice by creating a conscious space of healing, revealing and transformation. Taught by master teacher, Rev. Alice Bandy, this class is a well of inspiration and information to give you the vision, skills and working tools for counseling in a spiritual setting. You will learn how to attract clients, how to communicate deep unto deep, how to create exercises for greater understanding, how to handle fear, resistance, pain, anger and other challenging situations in your sessions. This class is part workshop, part ritual, and a deep look at what it means to provide spiritual guidance to others. Join us for this chance to expand your heart, strengthen your skill and learn creative new ways to serve so many in our world who are longing for the gifts you have to give.

Saturday Sept. 25 9 am to 5 pm

Class Fee: \$75

Metaphysical Bible I

with Rev. Guy Williams

Holmes Institute Class open to Practitioners

You are invited to join the Holmes Institute ministerial students in this wonderful class which offers students instruction in metaphysical and contemporary interpretations of selected scriptures from the Hebrew Bible. The Bible is one of the greatest sources of spiritual wisdom yet many have difficulties in relating to it's wisdom either because of past negative experiences or fear of tackling this encyclopedia sized text. Rev. Guy supports participants in moving past fear and resistance and opens a new door into the wonder and mysticism alive within the stories. He shows us how this ancient text is relevant to our lives today.

3 Saturdays, Sept. 18, Oct. 2, 16 9 am to 5 pm

Class Fee: \$100

Holmes *Institute*

A Graduate School of Consciousness Studies

Seaside Center for Spiritual Living is the location of the San Diego regional campus of the Holmes Institute that offers ministerial training and a Masters of Arts degree in Consciousness Studies. Because the Holmes Institute is dedicated to growing spiritual leaders for the global community, our program is designed to be an interdisciplinary approach to the study of consciousness.

Classes are offered on weekends here at Seaside and also through a unique program of audio recordings, teleconferencing and online conversations with some of the world's leaders in the fields of Philosophy, Religion, Science, Psychology, Leadership and Education. You will see many of the great leaders and teachers in the Religious Science movement visiting here on Saturdays to teach in this excellent program.

Some of the classes offered include:

Science and Spirituality

with Dr. Amit Goswami, Physicist and Religious Scholar

The Kabbalah

with Dr. Daniel Matt, foremost Jewish Scholar

Spiritual Philosophies of the West

with Dr. Stephan Hoeller

Theology of Religions

with Dr. Linda McNamar

Ministerial Craftsmanship

with Dr. Christian Sorensen

***For more information on the Holmes Institute,
please call Kathy Phelan,
Registrar, at (760) 753-5786 x816.***

2010 -11 Calendar Certificated Science of Mind Class Schedule

FALL 2010

Foundations with Rev. Christian Sorensen, D.D.
Essential Ernest with Catherine Bonin, RScP
Practitioner Studies Year I with Michelle Tiernan, RScP
Practitioner Studies Year II with Rev. Katherine Economou

WINTER 2011

Foundations with Rev. Christian Sorensen, D.D.
Power of Your Word with Rev. Tammy Miller
Self-Mastery
Bible Wisdom
Practitioner Studies Year I and Year II continued

SPRING 2011

Thomas Troward
Visioning with Rev. Tammy Miller
Practical Mysticism with Rev. Christian Sorensen, D.D.
Financial Freedom with Catherine Bonin, RScP
Practitioner Studies Year I and Year II continued

SUMMER 2011

The Mind-Body Connection with Linda Light, RScP
Roots with Rev. Katherine Economou

Certificated Classes are classes that are created and certificated by the United Centers for Spiritual Living worldwide. You will receive a formal certificate of completion for your class. These classes count toward the necessary hours required for practitioner training (see page 9) and are also wonderful classes for spiritual growth and for preparing you to live life more fully, whether you choose to become a practitioner or not. The Foundations class is a pre-requisite for all certificated classes unless otherwise noted.

*There is a power for good in the Universe,
greater than we are, available to everyone, and we can use it.
Ernest Holmes*



Interested in taking a class at Seaside?

HOW TO REGISTER

3 Ways to register:

1. **Sign up after services** at the educational table in the Family Room. You will find sign-up sheets for each of the current classes. Once your name is on the list, all you need to do is come to class. You can fill out the registration forms, pay fees and buy your books on the first night of class. Yes, we do take MasterCard, Visa, or American Express, checks and cash. All classes are held at Seaside Center for Spiritual Living.
2. **Stop by during the week** or call 760-753-5786. ext. *828
3. **You may also register at the door** without advance notice. We don't prefer this because we may not have enough workbooks, handouts, etc. for you if everyone chose this method. However, we also know that you are busy and you are always welcome in class, even if you forgot to sign up earlier.

**A Minimum of 6 students required
for class to be held**

***What lies behind us
and what lies before us
are tiny matters compared to
what lies within us.***

Ralph Waldo Emerson

Coming Back to Seaside this Fall!



Rev. Dr. Terry Cole-Whittaker

Join us on Sunday, November 28th as global inspirational and motivational teacher and counselor, Dr. Terry Cole-Whittaker returns to Seaside to present the 9 & 11 am services "Believe You Can and You Will" and stay for an afternoon workshop.

Creating Prospering Beliefs.

"It is done unto you as you Believe" because YOU are always creating! Now is the time to truly know who you are and the amazing powers you possess!

In this workshop you will discover how to: believe in yourself and your own eternal existence & release all fear; give yourself permission to be, do, and have what you desire; change any situation by simply creating the new in Mind,; gain the simple steps to always be happy, enthused, and wealthy and stop creating what you do not want and move instantly into a new life.

Sunday Workshop, November 28th 1:15pm - 4:30pm
\$35 in advance \$45 day of Seminar
Call to make your reservation (760) 753-5786

Rev. Christian Sorensen, D.D., *Spiritual Leader*
Seaside Center for Spiritual Living

1613 Lake Drive Encinitas, CA 92024
www.seasidecenter.org ~ (760)753-5786