

In the Light of the Beloved

a retreat celebration 100 years of Science of Mind

WORKSHOPS:

Embodying Your Vision

Facilitator, Kristen Peairs, RScP

This workshop is designed to help you powerfully manifest your vision through learning to feel it in your whole body. We'll talk about strategies that help embodiment of vision as well as strategies that hinder it. Together, we'll practice several of these helpful strategies to support your vision in integrating into your physical being. Expect to leave this workshop feeling yourself as a radiant antennae of your vision and its manifestation!

Participants will be able to:

1. State a clear vision for at least one area of their lives
2. Feel where their vision lives in their bodies
3. Apply three strategies to more powerfully embody their visions
4. Integrate their visions into all areas of the body



BIOGRAPHY: Kristen Peairs is a Licensed Practitioner with the Centers for Spiritual Living. She is passionate about consciously integrating body and spirit.

Introduced to Science of Mind in 2008 at Center for Spiritual Living in Seattle, Kristen has felt at home in this philosophy since day one. She is a founding member of the Columbus Center for Spiritual Living and joyfully supports their growing community through teaching, treating, speaking, and loving.

Outside of CSL, Kristen is a Vision Embodiment Coach who specialized in supporting her clients in bringing their vision into their bodies as a path to manifestation. She is a skilled craniosacral therapy practitioner as well as a holistic dietitian. Kristen is deeply rooted in her passion for personal empowerment for health and well-being.

Telling Your Story

Facilitator: Rev. Carolyn Harvill

Description: In this workshop, we will:

1. Hone our storytelling skills;
2. Have the opportunity to create and share a story from your life;
3. Experience the joy of creating wonderful stories;

4. A side benefit for journalers - learn to create stories for your journal that will enrich your personal experience and understanding.



BIOGRAPHY: Rev. Carolyn is the founding minister of the Louisville Center. They will be celebrating their 10th anniversary in September. In her storytelling/speaker life before becoming a minister, she was voted the 'Best Liar in Houston' (her Mom was not impressed). One of her passions in life is to tell a good story...some of these will make you laugh and others will make you cry and hopefully all will give you something to think about.

I Can Hear You Now: clearing the channel for Spirit

Facilitator: Mary Dinneen, RScP

This workshop gives attendees the opportunity to dig deeper and look more closely at one's ability to communicate with Spirit. Ernest Holmes wrote the book, *Can We Talk to God?* The answer is, of course we can. We have the ability to talk to God and we have the ability to feel the nudge, hear the message and see the vision that is a direct channel or communication with the Divine.

If this is indeed true and possible, then WHY isn't it easier to be a clear channel for God's messages? As humans we fill the pathways with clutter, drama and chaos. This makes it difficult to know if or when Spirit is knocking:

During this workshop, participants will:

1. Re-examine the every-day clutter that hinders one's ability to connect with Spirit;
2. Learn to recognize the value and importance of being a clear channel for Spirit's messages;
3. Explore what is preventing each of us from validating and heeding the messages that are received from Spirit;
4. Participate in an exercise of being witness to their own interior dialogue with Spirit and the response they give to that interior dialogue.



BIOGRAPHY: Mary Dinneen is a Licensed Religious Science Practitioner with the Columbus Center for Spiritual Living. Mary has focused her professional work of 25 years in alternative medicine and how her practitioner work on understanding why people don't heal, and how they can.

Mary has been especially drawn to the teachings of Ernest Holmes. In the book, *Can We Talk to God?* Dr. Holmes writes: "Truth comes from the inner to the outer self, *from* God....*to* God the manifest person; for every person is a direct manifestation of

God.” Mary believes that all healing whether it is healing for your health, your relationships or your finances comes from opening the channel for Spirit to bring Its Truth.

With a Bachelors Degree in Education and 22 years of teaching experience, Mary now brings her enthusiastic and dedicated style to the teaching of Spiritual Truths. Mary is a regular instructor at the Columbus Center for Spiritual Living where students praise her insight and her dedication to the spiritual growth of each student she encounters.

Alive from the Inside: using play to awaken your soul

Facilitator: Louise Tallen, PhD, RScP

Description: Live the life for which your soul has been yearning. Using cooperative improvisational games, this transformative, experiential workshop will expand your awareness, spontaneity, creativity and intuition. Improvisation and mindfulness are closely linked. In order to succeed at improvisation, it’s necessary to be fully present in the moment. Participants in this workshop will learn how to be mindfully present through playing fun and engaging improvisational games. No theater or Improv experience is required.

In this workshop, participants will learn how to:

1. Tap into their inner wisdom and spontaneity;
2. Be more fully present in each moment;
3. Expand their compassion and be more loving and forgiving
4. Use improvisational tools to tap into their soul



BIOGRAPHY: Since 2001, Louise has been immersed in Science of Mind. Louise was licensed as a practitioner in 2006. She is a full-time practitioner with a thriving practice and is Director of Practitioners at Ahava CSL.

Louise teaches accredited courses, facilitates workshops, has Sunday speaking engagements and, with Rev. Soni, co-teaches Practitioner Training. Louise also brings Science of Mind into the world through her Community Service. She serves on the Boards of Lexington Fairness, a local non-profit which advocates for equal rights for the LGBTQ community, and The Tweens Nutrition and Fitness Coalition, which advocates for Food Justice and healthy living for underserved populations. In addition, Louise is co-founder and co-Chair of the Bluegrass Rainbow Faith Communities (BRFC), a coalition of faith communities across central Kentucky that are open and affirming. BRFC has a special focus on the health and wellness needs of mature and older LGBTQ adults.

In addition, Louise is a member of a professional Improvisational Theater team, which performs regularly in Lexington, Kentucky.

Louise currently serves CSL as the Region Ten Practitioner Representative. She is passionate about the role of practitioners within the movement. Louise has a compassionate heart and a zest for life. Louise has a doctorate in Anthropology and, has many years of experience working with vulnerable populations.

Saturday Workshops

Forgive and be free ... for real!

Facilitator: Rev. Mark Anthony Lord

There is nothing like the power of forgiveness to free you from the past and cause a better future. At this workshop you will discover what forgiveness is and what it isn't. You will learn your part in the equation (which is much simpler than you think), and gain practical tools that immediately activate this mystical practice. Forgiveness is the way to real freedom!



Bio: Mark Anthony Lord is an internationally recognized inspirational leader, speaker, and CSL Minister. His personal mission is to assist people in awakening to the power of self-love, acceptance and joy. He is the founder of the Bodhi Spiritual Center and Cityside Church in Chicago. He is the author of two books, teacher at Holmes Institute and Agape Ministerial school.

Enrich Your Spiritual Toolbox

Facilitator: Ami Papadopulo, RScP and Minister-in-Training

Description: In this workshop participants will develop or enrich their personal spiritual toolbox, including meditation, mindfulness, affirmations and prayer. By using these tools, one can live a life of purpose, centeredness, and forgiveness. This workshop will support individuals in their quest to discover and awaken the divinity within.

Learning Objectives:

- The participant will develop and sharpen their spiritual tools including meditation, mindfulness, affirmation, prayer and forgiveness.
- Using these tools, the participant will construct personal life skills to live a life of purpose, centeredness and compassion for ourselves and others.
- Using these tools participants will further awaken to The Divinity within.



BIOGRAPHY: Ami Papadopulo is a licensed Spiritual Coach and a minister in training with The Centers for Spiritual Living. Equipped with a master's degree in education and multiple years of public and spiritual teaching Ami has the ability create a learning atmosphere of success for all participants. It is her passion to create workshops for people to learn and use Universal Spiritual Principles through the use of spiritual tools, such as meditation, mindfulness and prayer. Her mission is to awaken humanity to its divine inner-self and provide the tools for every person to create a life filled with authenticity, love and self-acceptance.

Shine So Bright You Gotta Wear Shades

Facilitator: Michelle Fought

This experiential workshop combines music, movement and laughter exercises to reclaim your birthright of Big-Bold-Bright Happiness! We'll be eye-to-eye and heart-to-heart, as we explore and release limitations that dim our inner light. Together we will experience "joy rising" as we discover the power, freedom and pleasure using our imaginations and child-like playfulness Participants will learn the practical steps and practices to make happiness and laughter a spiritual practice and "shine so bright you gotta wear shades."



BIOGRAPHY: Michelle Fought is a professional laughter facilitator, speaker and author. Certified as both a Laughter Yoga teacher and a CLL-E for the World Laughter Tour, Michelle has shared her special brand of laughter, team-building and inspirational speaking with organizations, businesses, schools, seniors, and special needs children. Michelle is a graduate of Dr. Robert Holden's "Happiness Now" certification program. She and her husband live in Powell, Ohio where she facilitates laughter classes and workshops and serves as a teacher for Drama Kids International.

Healing Through Transformational Prayer

Facilitators: Regional Practitioners

Not technically a workshop, this is an opportunity for people to heal what has been brought to the surface through the retreat that wants to heal or expand. Attendees will:

1. Identify what has come up for them;
2. Identify the Spiritual Principle which will dissolve the condition; and
3. Work individually with a practitioner in healing and transforming the condition.