



Selah Center
... a place to pause

“Living from the Heart”

A ten-month course to reorient your life by nurturing the contemplative

Living from the Heart offers a transformational learning cohort, a community experience that invites you into a unique journey from head to heart, beyond performance, achievement, and rational dependence to receptivity, alertness, and trusting openness toward God. This is a journey that deepens, sharpens and enriches your life. Biblically, the heart is the very core of life whose intentions and character flow into our thinking, feeling, relating and doing. Opening to God’s heart of love with our whole heart, including our broken places, and learning to be attentive and receptive to God’s love brings a truth-filled, healing integration within that frees us to offer our lives in loving compassion and listening companionship to others and creation. This is *Living From The Heart*.

This course includes:

- Five (5) modules or main topics key to understanding “Living From the Heart”
- Approximately 6 hours of face-to-face class time one Saturday per month for 10 months
- Transformational interactions with facilitators and cohort friends
- Required readings with written reflections on the readings and other practical experiences

Location

Regular class sessions will be held in Woodway, WA.

Course Fees

- The cost of this course is \$725 (\$70 per session plus \$25 application fee).
- This fee may be paid in full at the start of Module 1’s first class session or in two (2) installments at the start of Module 1 and Module 3. (Note: other arrangements can be made in consultation with course facilitator)
- This does not include books for required reading or fees for personal spiritual direction.
- Payments can be made with cash or personal check in US dollars.

Application Process

- Please complete a “*Living from the Heart*” Application Form
- Return completed form with a non-refundable fee of \$25 to Selah (address below)
(Note: this fee applies to your overall cost of this course)
- The course facilitator will contact you regarding the status of your application

Spiritual Direction

Throughout this course, you are asked to begin or continue receiving spiritual direction from a spiritual director of your choice, which is one of the best ways to learn what “*Living From the Heart*” is all about! If you would like help finding a spiritual director, please contact us and we can help you connect with someone.

Please note there is a limit on the number of participants for this course.

Contact Person

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Mail To

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