



“Living From The Heart”
Course Schedule

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*.

Modules	Description	2012 - 2013 Dates
Module 1: The Way of the Heart	Reflecting on writings from saints of the past and present to discover the radical difference of living with Jesus from the heart.	Session 1 – September 22 Session 2 – October 20
Module 2: Spiritual Transformation	Looking at a Biblical basis for spiritual transformation as reflected in the personal journeys of the cohort participants.	Session 3 – November 17 Session 4 – January 19, 2013
Module 3: Contemplative Prayer	Exploring prayer as the whole experience of life in the presence of God and essential to growing a receptive and attentive core	Session 5 – February 16 Session 6 – March 16
Module 4: Listening with the Heart	Developing the art of listening beyond simply hearing to a deep responsive attentiveness to the many ways God is speaking to us. Discernment in listening, and exploration of blocks in our ability to listen with an open heart, along with practicing listening skills.	Session 7 – April 13 Session 8 – May 18
Module 5: Contemplative Living	What is it? How to develop a personal “rule”, detachment and freedom, attentiveness to the presence of Christ in everyday living.	Session 9 – June 22 Session 10 – July 13