



THE LIFE-LONG PATH TO SPIRITUAL GROWTH AND WHOLENESS

“For those who want to save their life will lose it, and those who lose their life for my sake....will save it.”

(Mark: 8:35)

Facilitator: Libby Kovacs, Ph.D.

When: Thursdays, 7:00-8:30pm, September 24 through November 12, 2009

Course Description:

A new field of Psychology has evolved over the last four decades called Spiritual Psychology. In the field of Theology, the Cistercian monk, Thomas Keating has developed a new perspective of Christian thought that he calls: Divine Therapy and Christ is the Divine Therapist. A third writer, pastoral counselor and spiritual psychologist, Thomas E. Legere has practiced and lectured on building bridges between psychology and spirituality. In effect, these writers have successfully spelled out the steps needed to attain spiritual consciousness and wholeness of being.

In this course, we will explore and compare their steps in guiding us toward a richer spiritual journey and, at the same time, leading us on our paths toward psychological wholeness.

Participants may choose one of the following books to read for this course:

Keating, Thomas: *Intimacy with God. (1996)*

Legere, Thomas E.: *Living an Authentic Life*

Peck, M. Scott: *The Road Less Traveled*

Robinson, John C.: *Finding Heaven Here*

Course Outline:

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| September 24: | Introduction to Course
Hierarchy of Needs, the Stages of the Life Cycle, Ordinary Consciousness and Spiritual Levels of Awareness. |
| October 1: | Life is difficult; Survival Personality; Scriptural Model of Christianity. |
| October 8: | Theological base of Centering Prayer; The Inauthentic Life; Accepting Responsibility and Balancing. |
| October 15: | The Body never Lies; Dedication to Reality; The Inauthentic Self. |
| October 22: | Discovering the Authentic Self; On Love—what it is and what it isn't; A different kind of love (God's Presence) |
| October 29: | Growth of Religion; Growth of Self; Higher Ground |
| November 5 & 12: | Wrap up; Integration; and Welcoming Grace. |