

The Spiritual Journey

IN DAILY LIFE

Tuesdays in 2012

January 10 through February 14, 11:00 am to 12:30 pm

Using our life for spiritual growth

The purpose of these classes is to develop skills with which to handle real-life situations while pursuing our spiritual goals.

1. Introduction

Skillful means and pitfalls on the path. Useful *dharanas* – centering techniques – and pitfalls

2. Basic principles of growth

The growth model. Necessary stages – how to recognize them. Where do we go from here? How do we get there? Dealing with obstacles.

3. Emotional maturity and grace

Processing emotions and drives. Developing spiritual maturity. How to receive and give grace.

4. Śrī Vidya, the way of the Divine Mother

Science and practice of Kundalini Yoga.

5. Self-enquiry and non-duality

What it is and getting the knack of how to practice it.

6. Putting it all together

Arriving at a simplified daily practice.

Your questions answered – dialogue. Wrap-up.

Explore these topics with Eugene Govinda Gauggel in this six-week course. Some topics will overlap with others as they are not separate, so we will approach them in an organic way, with emphasis on personal experience. Thus our personal concerns can be addressed. Experiential and interactive.

For directions, please call 845-778-1008, or for more information, call Govinda at 845-255-3982.

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