



Changing Seasons

Learning Center
300 Cedarhill Drive
McMurray, PA 15317
724-941-2182

Practical Spirituality: *Finding Your Inner Guiding Spirit*

The purpose of life is to perfect our souls by becoming fully human, and we each have our own inner guiding spirit on this journey. Each class will stand alone but will build on the one before, presenting specific techniques and demonstrations not available elsewhere. These are practical methods for developing a natural calmness, creating inner peace, and opening up to the guidance of the inner spirit genius that we all have. This is a path to a true and practical spirituality that can elevate us to a new level of living which we very much need as we move deeper into the 21st Century.

Specifically, some of the benefits of this class are:

- ~finding and following your inner guiding spirit
- ~accessing precise answers to all your personal questions
- ~living free of fear
- ~being safe and secure
- ~having real confidence
- ~becoming the person you want to be and living the life you choose
- ~being calm and at peace in any circumstance

These sessions will give you the practical tools to make these benefits a reality in your life. As with the any tool, the user must apply it to the job. In this case, however, the work can be effortless, and Stephen will show you how.

Place: Changing Seasons Learning Center

Day: Thursday, September 21, October 19, November 16 and 30

Time: 7:00 pm to 8:30 pm

Cost: \$30.00 each class or \$100 for the series

Registration required

Stephen G. Scalese is a licensed psychotherapist with four decades of experience in both traditional and alternative mental health services. He is the author of *The Whisper in Your Heart: Listening to Your Spirit's Voice*, a how-to book for moving beyond the ordinary and living at a higher level of consciousness. For information about Stephen, see his Psychology Today web page at <http://therapist.psychologytoday.com/37971>

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