

# SPIRITUAL EDUCATION

## Please Pre-Register for Classes!!

Classes are open to everyone; you need not be a member to attend. We ask that you register in advance so that we can plan accordingly and ensure optimal order and efficiency. You can register:

- At the Spiritual Education table in the courtyard on Sundays;
- On our website at [www.unityphx.org](http://www.unityphx.org); or
- By contacting Michelle Abraham at [mabraham@unityphx.org](mailto:mabraham@unityphx.org) or 602.978.3200, Ext. 251.

## TUESDAY CLASSES

### JumpStart Your New Year with Clarity and Intention!



#### Part 1: Visioning and Visualization

Tuesday, January 3 • 7 to 9 p.m.  
Facilitator: Rev. Richard Maraj  
Minimum suggested love offering: \$10-\$20

Visioning assists us in creating goals which bring us hope and encouragement; it offers possibilities for fundamental change; it generates creative thinking and passion; and it gives us that extra boost needed to keep on reaching for our dreams. Join Rev. Richard as he shares the power of visioning he's used throughout his life to create amazing experiences and outcomes!

**About the facilitator:** Rev. Maraj was ordained in June of 1998, and became Lead Minister at Unity of Phoenix in 2006. Before coming to Unity of Phoenix in 2005, he served as Senior Minister at Christ Church Unity in Kansas City, Missouri, and Associate Minister in Raleigh, NC. Richard has had the blessed opportunity to guest speak at more than 50 Unity churches throughout the United States and Canada.

#### Part 2: Create Your Best Year Yet!

Two Tuesdays: January 10 and 17 • 7 to 9 p.m.  
Facilitator: Dr. Mitzi Lynton

Minimum suggested love offering: \$10-\$20 per session



Are you ready to create your best, most successful year ever? If so, join Dr. Mitzi for a powerful and inspiring day of visioning and treasure mapping ... the process of visualizing on paper exactly what you desire to create in your life. The more clearly you can visualize and align your thoughts with the future you desire, the sooner you can manifest your dreams ... and the beginning of a new year is an extremely powerful time to start doing it!

Please bring scissors, glue, poster board or paper, special magazines, photos, and other visuals to help build your map.

**About the facilitator:** Dr. Mitzi exudes joy and is a loving, powerful expression of peace — building bridges between people of all faiths, philosophies, cultures and races. She has been honored with several awards for commitment and loving service in the pursuit of global peace. Dr. Mitzi is co-author of "Voices of Faith," which has received widespread praise. She is a gifted, passionate and energetic speaker who has inspired many national conferences, leadership trainings, business and networking groups, peace events, and spiritual organizations, and has also been featured on several radio and television shows. Dr. Mitzi holds a Doctorate of Religious Studies from Emerson Theological Institute and an M.A. from the University of Utah.



#### Reiki Share

Tuesday, January 3 and  
Tuesday, February 7  
6:30 to 8:30 p.m.  
(and the 1st Tuesday of each month)  
Facilitator: Kathy Flanigan  
Minimum suggested love offering:  
\$10-\$20 per session

This monthly gathering is an opportunity for Reiki practitioners and Reiki I graduates to practice giving and receiving Reiki treatments. Students of this healing art use this ongoing forum to ask questions, practice and gain experience.

**About the facilitator:** Kathy is a Reiki Master/Teacher and a Unity of Phoenix Prayer Chaplain.

### Discover the Power Within You!

5-Week Class

Tuesdays, January 10-February 7 • 7 to 9 p.m.

Facilitator: Rev. Kim O'Connor

Eligible for SEE Credit

Minimum suggested love offering: \$10-\$20 per session



Take a fresh look at the teachings of Jesus from a metaphysical and philosophical point of you. See how the great idea of "Christ in You" — emphasized in Eric Butterworth's book, *Discover the Power Within You* — can lead to biblical and personal revelations.

**Required book:** *Discover the Power Within You* by Eric Butterworth; *The New Interpreter's Study Bible* (New Revised Standard Version with the Apocrypha).

**Optional materials:** *Dynamics for Living* by Charles Fillmore. A journal to record your thoughts, reflections, concerns and insights is strongly recommended. Inspirational music is also helpful.

**About the facilitator:** Rev. Kim O'Connor is an ordained Unity Minister. She has worked as a Hospice Chaplain, Pastoral Care Minister at Unity of Sun City, and Director of Pastoral Care Services at Unity Center of Hope. Currently she serves as guest speaker, teacher, and workshop presenter at various Unity Churches throughout the region.

### Back to the Basics for Beginner and Advanced Meditators

Tuesday, January 17 • 7 to 8:30 p.m. and

Tuesday, February 21 • 7 to 8:30 p.m.

(and the 3rd Tuesday of each month)

Facilitator: Gregg Elbert

Minimum suggested love offering: \$10-\$20 per session



Meditation is about learning to quiet the mind and discover your true nature. Through instruction, practice and "Q&A" sessions, this class will help you to master these important principles through the use of basic breath and body awareness. This class can be

beneficial whether you've never meditated before, or are an advanced meditator who would like to return to a simpler form of discovery. A great opportunity to get back to the basics with meditation!

**About the facilitator:** Gregg Elbert was trained as a Buddhist priest, and has practiced a variety of forms of meditation for over 20 years. He has also taught meditation techniques to many students over the years. His presence and wisdom are palpable in a quiet, yet powerful, way.

### Live an Intended Life with Spiritual Purpose

Tuesday, January 24 • 7 to 9 p.m.

Facilitator: Victoria Benoit, M.C.

Minimum suggested love offering: \$10-\$20



An intention is a goal that gives you pleasure and impels you to move toward the realization of that goal with unhesitating action. When you resonate with your intentions, you can access the limitless potential within yourself that makes extraordinary change possible. It

attracts the right people, circumstances and actions that will enable you to manifest your intentions. One of the extraordinary benefits of living with intention is that you begin to view your life as having infinite possibilities for growth, well being and spiritual purpose, instead of focusing on "problems."

This class will demonstrate a process through which you can discover your spiritual purpose and claim the vision you want for the rest of your life! Bring a list of your 2012 intentions, and you will learn how to align them to your life vision.

**About the facilitator:** Victoria completed her Master in Counseling degree in 1993. Upon learning about Resonance Repatterning, she began studying under Chloe Faith Wordsworth. Utilizing this unique approach to physical, emotional and mental wellness, Victoria knew she had found her life's work.

### The Power of Receiving: A Revolutionary Approach to Giving Yourself the Life You Want and Deserve

Tuesday, January 31 • 7 to 9 p.m.

Facilitator: Amanda Owen

Minimum suggested love offering: \$10-\$20



Earning to receive creates great power in your life. Receiving not only creates more balance and greater reciprocity in your relationships, but also unlocks the door to all your hopes, goals and dreams.

Drawing from her latest book, Amanda will demonstrate the Law of Receiving and lead you through transformative exercises that will:

- Help you define, refine and achieve your goals;
- Increase your confidence and self-esteem;
- Replenish your energy and restore balance to your life;
- Create greater reciprocity in your relationships and more abundance in your life.

Bring a journal, and get ready to strengthen your confidence, deepen your spirituality and have fun!

**Book of interest:** *The Power of Receiving: A Revolutionary Approach to Giving Yourself the Life You Want and Deserve* by Amanda Owen.

**About the facilitator:** Amanda Owen is an author, speaker and consultant. She has presented lectures and workshops since the mid-eighties on a variety of topics in the spirituality, empowerment and self-improvement genres. Her research into the nature of receptivity led her to develop a system that helps people manifest the lives they want by developing their capacity to receive. She reports her findings in her latest book, "The Power of Receiving: A Revolutionary Approach to Giving Yourself the Life You Want and Deserve." (Jeremy P. Tarcher/Penguin, 2011).

### Experiencing the Answers to Your Deepest Questions about Life: Tapping into the Wisdom of the Universe

Tuesday, February 7 • 7 to 9 p.m.

Facilitator: Howard Falco

Minimum suggested love offering: \$10-\$20



Join spiritual teacher and author Howard Falco as he discusses how to achieve clarity and wisdom regarding the purpose and direction of your life.

Regardless of circumstances or background, everyone has the same ability to experience the truth, and to gain liberation and peace of mind. Learn how to recognize and use this truth to open up a whole new world of possibility for your life! Topics include:

- Discovering your ability to access answers, and where the answers are;
- Life's challenges and their meaning
- How to use this new information to dissolve or overcome any challenge
- Becoming a powerful creator of your life.

**Book of interest:** *I AM: The Power of Discovering Who You Really Are* by Howard Falco.

**About the facilitator:** Howard Falco is a spiritual teacher, author and speaker who specializes in understanding the personal power of the mind and its influence over the creation of reality. Howard teaches individuals how to shape and create the experiences of life they truly desire most.

### Principles and Practices of Prosperity

10-Week Series

Tuesdays, February 7-April 10 • 7 to 9 p.m.

Facilitator: Rev. Richard Maraj

Weekly Homework and Tithing are Required



It is spiritual law: you can attract or manifest anything you desire if you learn to release limiting beliefs and thoughts of lack and scarcity, and allow God's abundance to flow through and bless every area of life. *The laws of prosperity work ... if you work them!!!*

Join Rev. Richard as he highlights the key principles and practices of prosperity, and demonstrates how the power of intention, affirmation, forgiveness, meditation, tithing, gratitude and prayer can expand your prosperity consciousness and open your life to overflowing blessings!

Participants must commit to attend all classes, and to pray, study and practice the principles of prosperity — including tithing — for the duration of the 10-week class.

A one-time fee of \$30 will be charged to cover the cost of handouts, CDs and other materials, which will be available for sale at the first two classes. To maintain the sacredness of the class and ensure effectiveness of the program, this class will be closed to new attendees after the second session.

# SPIRITUAL EDUCATION

## Experience the Intimacy You are Longing For

Tuesday, February 28 • 7 to 9 p.m.

Facilitator: Victoria Benoit, M.C.

Minimum suggested love offering: \$10-\$20

**D**uring this workshop, you'll learn that, in order to be intimate and share deep feelings of love and joy, you need to feel safe in your vulnerability, and feel safe enough to trust. When you feel safe, you are comfortable opening your heart and being intimate with others, making intimate, sexual, heart relationships possible.

You'll learn to identify why you don't have the intimate relationship you want. You'll then determine how you have tried to find love in ways that have not worked for you, and what happened at an earlier time where you felt exposed, inappropriately vulnerable and unsafe, causing you not to trust others.

From there, you can discover the negative belief(s) that undermine the possibility of your feeling protected and safe in your intimate relationships, the compensation you are using, and the positive belief that will support you in feeling protected and safe so you can finally experience the intimacy you long for!

*About the facilitator:* See Victoria's biography under the "Living an Intended Life" class on the opposite page.

## SATURDAY CLASSES

### Travel Alert: Facilitator is Traveling from Oregon! Chair Yoga: at the Office or at Home

Saturday, January 7 • 9:30 to 11:30 a.m.

Facilitator: Maria Camacho

Minimum suggested love offering: \$10-\$20



**E**xperience the benefits of chair yoga and the importance of proper breathing techniques! You'll practice an assortment of easy, gentle poses adapted from several styles of yoga. Suitable for beginners who would like new ways to find gentle movement with slow and focused stretches for the

body. It is also beneficial to anyone looking to reduce back pain while sitting at a desk! Please wear loose fitting, comfortable clothing. Bring a necktie or sturdy cloth belt (from a bathrobe, for example) with a thick towel. (We will work in our bare feet!)

*About the facilitator:* Maria Camacho is a Yoga Alliance 200-hour certified Hatha yoga teacher, completing her training in Thailand four years ago. She integrates inspirations from several diverse styles of yoga, and welcomes newcomers to yoga's gifts of deep relaxation through breath work and gentle movements. She offers a variety of approaches so that everyone can participate at their ideal capacity and optimal awareness. This work is augmented by her certifications in Strength Conditioning and Personal Training.

### Manifesting Your Greatest Health and Abundance for 2012: the Proven Result of Goal Setting and Success

Saturday, January 14 • 9 to 11:30 a.m.

Facilitator: Noelle Stanley

Minimum suggested love offering: \$10-\$20



**T**he #1 New Year's resolution is "Health and Wellness," followed closely by the #2 resolution, "Abundance." Make both a reality for your 2012! Learn how to set goals, and how to plan the action steps and realistic strategies to fulfill them, and learn the benefit of creating simple, smaller goals

that encourage you to maintain healthy habits throughout the year. Minor changes in how you think will change how you can create and retain wellness and abundance that lasts. Come learn behavioral techniques and systems that can take your life to a higher level, and finally achieve your best health, abundance and New Year's resolution ever!

*About the facilitator:* Noelle is a holistic nutrition educator and raw chef who is an expert in corporate wellness and health coaching. She was awarded the Wellness Corporate Coach of the Year for 2009, and was awarded the Phoenix's Natural Choice Award for 2010 as Favorite Natural Women's Health Specialist.

### 9 Paths to Spiritual Aliveness: Your Unique Journey to Deepen Your Self-Awareness, Relationships and Creative Expression

Saturday, January 21 • 9 a.m. to Noon

Facilitators: Steven Connor and Marcia Bench

Minimum suggested love offering: \$20-\$30



**R**egardless of religion or spiritual orientation, each of us is aligned with one of nine spiritual paths. Steven and Marcia will offer a unique perspective on how to discover

which path is yours. Find out the earmarks of all nine

paths, and what primarily motivates and drives your choices and core fears, how to heal them, your unique communication language, and how to design your life to serve your chosen path of aliveness and bring you closer to God. (A free assessment is included!)

*Book of interest:* *Eyes of Love! Envision the Spirit of Your Soul* by Steven Connor and *The Enneagram Workbook: Understanding Yourself and Others*.

*About the facilitators:* Steven Connor is an author and Transformational Life Coach. He delivers messages that touch the hearts and souls of both women and men, regardless of culture, age or previous life experience.

Marcia Bench is a Transformational Success Coach, Business Intuitive, Speaker and Author of 23 books, including "The Tao of Entrepreneurship." She has 30 years in metaphysics and 25 years in coaching and consulting. The CEO of Marcia Bench Enterprises and co-founder of Transformational Success Partners, Marcia is passionate about helping entrepreneurs and individuals more fully express their gifts through work, business and life.

### Travel Alert: Facilitator is Traveling from California! Guided Meditation

Saturday, January 28 • 9 to 9:45 a.m.

Facilitator: Ruth Cherry, PhD

Minimum suggested love offering: \$10-\$20



**Y**ou'll be guided for 45 minutes with frequent prompts to assist you in focusing your attention and practice allowing, surrender and trust. Come experience meditation in your own personal terms by allowing your "presence" to be!

*About the facilitator:* Ruth has practiced individual psychotherapy since receiving her doctorate in 1976. With age and experience, she learned to appreciate the profound healing available through meditation, a process she describes in her book, "Meditation for Skeptics." Using an original, accepting perspective, she invites both newcomers and practiced meditators to a powerful experience of meditation.

### Travel Alert: Facilitator is Traveling from California! Meditation for Skeptics

Saturday, January 28 • 10 a.m. to 1 p.m.

Facilitator: Ruth Cherry, PhD

Minimum suggested love offering: \$20-\$30

**S**keptics trust their experience, not an authority's words, tradition or institutionalized belief systems. Skeptics must know for themselves, and they realize that true "knowing" is experiential, momentary, and very personal. Through workshop exercises, you'll learn to experience and identify your inner world figures — the Observer, the Controller and the Hero — and to differentiate between intellectual and experiential learning, and focus upon momentary experience while maintaining detachment. As a result, you will learn to allow healing!

*Book of interest:* *Meditation for Skeptics* by Ruth Cherry.

*About the facilitator:* See Ruth's biography under the "Guided Meditation" class just above.

### Could You, Should You, Would You be a lightpreneur™? Touching the World in Bigger, Brighter Ways

Saturday, February 11 • 9:30 a.m. to 12:30 p.m.

Facilitator: Elmas Vincent

Minimum suggested love offering: \$20-\$30



**S**tart the year off embracing your gifts and sharing them with the world. Forget about making a resolution; instead, make a plan to touch lives and generate personal prosperity. In this class, you'll discuss how to "lower your thinking 12 inches" and move to operating from your heart, rather than

your head. You'll learn how to share your gifts from love instead of fear, and will explore multiple avenues to enhance your business prosperity, productivity, client base and cash flow streams ... allowing you to live your purpose with comfort and ease.

*About the facilitator:* Elmas Vincent is the originator of the term "lightpreneurs™," describing people who have a business with the intent of making the world a better, brighter place. He has dedicated himself to helping lightpreneurs™ expand their light, create a greater impact and attract prosperity for themselves. He has an MBA from Tulane University and a BS from Auburn University. He presents a wide variety of business talks, seminars, and workshops, and also does coaching and consulting for the "practitioner" community.

### 7 Pillars of Transformation: How to Powerfully Change Your Life for the Better

Saturday, February 18 • 9 a.m. to Noon

Facilitators: Steven Connor and Marcia Bench

Minimum suggested love offering: \$20-\$30

**W**e all have areas of our lives that we want to change ... yet finding a process that works for us — now and in the future — can be challeng-

## Classes Required for Membership

### Unity Basics

Two Tuesdays: January 24 and 31 • 7 to 9 p.m.

Facilitator: Rev. Jimmie Scott

Minimum suggested love offering: \$10-\$20 per session OR

Saturday, February 4 • 9 a.m. to 1 p.m.

Facilitator: Rev. Richard Maraj

Minimum suggested love offering: \$20-\$30 per session



**F**ind out what Unity is all about! Explore the history of Unity, and how the Unity spiritual movement began. You'll also learn the five foundational beliefs that are unique to Unity, and how using these five spiritual principles can transform your life, and open your heart and soul to a fuller, richer experience of God and life.

### Prayer Basics

Two Tuesdays: February 14 and 21 • 7 to 9 p.m.

Facilitator: Rev. Jimmie Scott

Minimum suggested love offering: \$10-\$20 per session

**L**earn how to connect with God and manifest the Christ power within through affirmative prayer and meditation. Prayer builds a stronger connection to God, and helps us bring forth wisdom, healing, prosperity and everything good.

*About Rev. Jimmie:* Rev. Jimmie has served as a Unity minister since 1985. He has also served as the Chaplain at Unity Institute, and as Chairman of the Executive Board of the Association of Unity Churches International. While serving in that capacity, he ordained our own Rev. Maraj!

*About Rev. Richard:* See Rev. Richard's biography in the first column of the opposite page under "The Spiritual Practice of Visioning" class.

ing. Drawing on the archetype of the Hero's Journey, you'll explore the 7 pillars in the transformational cycle that will provide you with markers and help you initiate and embrace your desired change now. You'll discover clarity about your life purpose, what really drives and motivates you, how to transcend fear and leverage your life lessons, and how to connect more deeply to others without judgment or bias. Then, from this cleansed and open space, you'll choose what you wish to create next, form your vision in a supportive environment, and learn how to use manifestation tools and quantum physics to create it! You'll leave with clarity and practical tools to move powerfully into the New You!

*Book of interest:* *Eyes of Love! Envision the Spirit of Your Soul* by Steven Connor and *The Enneagram Workbook: Understanding Yourself and Others*.

*About the facilitators:* See their biographies in the second column of this page under the "9 Paths to Spiritual Aliveness" class.

### Reiki I Workshop: Learn to Open Yourself to the Healing Energy of Spirit

3-Week Class

Saturdays: February 18-March 3 • 9 a.m. to Noon

Facilitator: Kathy Flanigan

Minimum suggested love offering: \$20-\$30 per session

**R**eiki is a gift of Spirit. You will learn how the practice of Reiki can open you and allow the healing energy of Spirit to move through you. Reiki is a touch healing system of incomparable ease and power. This power is a part of everyone, and you'll learn to open yourself up to that power.

*About the facilitator:* See Kathy's biography on the opposite page under the "Reiki Share" class.

### Beginning/Intermediate Yoga

Ongoing Class

Every Saturday (beginning Jan. 14) • 9:30 to 11 a.m.

Facilitator: Sally Jo Bannow

Minimum suggested love offering: \$10-\$20 per session



**E**ach class begins with a teaching to illustrate a different yogic principle, which is then applied to the yoga postures for the day. We will practice yogic principles to find greater stillness and contentment ... and use our postures as a metaphor or finding stillness in all of life's

day-to-day situations. (Please bring your own mat.)

*About the facilitator:* Sally Jo is a certified Yoga Instructor and well-known congregant and musical guest artist at Unity of Phoenix. She has performed with every major theatre company in the Valley of the Sun and been featured in several commercials, independent films and voice-overs. Since the birth of her son, Sally Jo has done less live theater and more vocal performance in order to spend as much time with him as possible. She has produced a number of CDs, which are available in the Divine Idea Bookstore.