

Course Content - BE STILL and KNOW THAT I AM GOD

This course will be a personal journey for each of the participants. After an introductory discussion about nomenclature for various words like silence, stillness, quietude, etc., we will ask students to investigate what spiritual scholars have to say about being still and its relative importance to our spiritual journeys.

However, the greatest portion of the course, especially during the last three sessions, will deal with each participant's personal experiences in meditation, reflection, and moments of silence apart and separate from the commotion of everyday life. The overarching goal of these 5 weeks will be to deepen each individual's ability to quiet their minds and deepen their inner awarenesses of God within.