

The Complete *SpiritLife* Program



SpiritLife is a spiritual formation process offered by Heartland Center for Spirituality in Great Bend, KS. It consists of a two-year core curriculum and additional training (including a third year) for those interested in becoming spiritual directors. The program began in August 2006 and will graduate its final group of spiritual directors in April 2017.

All of our *SpiritLife* classes were audio-taped (MP3 - podcast format), and we are pleased to provide them now to the public for a small fee, which can be paid online during the enrollment process, or by sending a check to:

Heartland Center for Spirituality
3600 Broadway
Great Bend, KS 67530

- *be sure to mention which course you'd like to enroll in and your email address*

Courses and Descriptors

Your purchase gives you access to the full *SpiritLife* program. See the top page for each course for detailed information on presenters, audios, handouts, etc.

1. *Introduction to Christian Spirituality* – distinguish from morality, psychology; religion; explore interrelations; basic theological perspectives; basic themes; basic practices.
2. *Contemporary Issues Influencing Spirituality Today*– discuss current trends and contemporary issues, movements: e.g. encounter with world religions; feminism; process theology; Twelve Steps, etc.
3. *Tools for Inner Exploration* – methods of prayer; meditation; journaling; Meyers-Briggs, Enneagram, working the Twelve Steps, etc. Practical approach.
4. *History of Christian Spirituality* – general developments through the ages; who were some of the key movers and shakers; types of spiritualities that developed.
5. *Spiritual Development* – tracking the spiritual journey; introduction to traditional and new ways of understanding spiritual development. John of the Cross's ascent; Teresa of Avila's mansions; Ken Wilber; Spiral Dynamics

6. *Discernment and Lifestyle* – spiritual charisms; vocation; calling; types of spiritualities; methods of discernment, personal mission statement, personal rule of life.