



### Living from the Heart offers:

A learning community that invites participants to deepen their experience of intimacy with God, self and others.

Biblically, the heart is the very core of life out of which intellect, emotions, and intentions flow.

Opening to God's heart of love with our whole heart, especially in our most broken places, brings a healing integration within and provides the courage to offer our lives in loving compassion to the world around us.

### Learning & Teaching Approaches:

A variety of collaborative learning and teaching approaches are used including: mini-presentations; short, structured written personal reflections on assigned reading; demonstrations; small group discussion and activities. Participants will be invited to engage their imaginations with the use of textures, colours, music, poetry, prayers and plain old fun! Between teaching times, we encourage mutual support among participants through community gatherings. The small team of facilitators will provide feedback on reflection papers and offer what they teach honestly and vulnerably, sharing experiences from their own lives.

### Course Content:

**The Way of the Heart** opens us to encounter God personally, integrates body, soul, mind, and spirit, and helps us live out of who we truly are in Christ.

**Spiritual Awareness and Receptivity:** We explore ways to become more open to respond to God's presence in all of life and identify what inhibits our receptivity.

**Spiritual Transformation:** We gain a deep sensitivity to the dimensions of spiritual transformation into Jesus' image, coming to freedom in our deepest truth in God, dealing with the masks we hide behind, and cultivating spiritual practices that support our life in God.

**Contemplative Prayer and Discernment:** We come to understand that prayer is responsiveness to the active, living presence of the Holy Spirit; learn ancient contemplative practices; and discover how prayer is integrated into all of life and deepens our ability to discern God's will.

**Contemplative Living:** As Jesus' friends, we are called to love our neighbour, care for the earth, and seek justice. With joy we discover, that our response to the world becomes a natural outflow of contemplative prayer and practice.



### Course Requirements:

- Full participation in each weekend & all Saturdays
- Full participation in all Community Goup meetings
- Reading and reflective book responses
- Receiving regular spiritual direction
- A 24-hour personal silent retreat

This course is also a prerequisite for SoulStream's *Art of Spiritual Direction* course.

### Format and Location:

This course is offered online through Zoom, including two weekend retreats and six full-day Saturday sessions.

### Dates:

Sept 29 - Oct 1, 2023  
October 28, 2023  
November 25, 2023  
January 6, 2024  
February 10, 2024  
March 9, 2024  
April 13, 2024  
May 3 - 5, 2024

### Weekend retreats:

6:30pm Friday to 4:30pm Sunday (PST)

### Saturdays:

8:30am to 4:30pm (PST)

### Course Facilitators:

This course will be team led with input from Facilitators trained for LFTH – (team TBD)

### Additional Information:

Completion of this course may be used for credit in some theological colleges in Canada

### Course Fees:

Tuition for the entire course is \$1,450.00

### Additional Costs:

- Application fee: \$75.00
- All books, and cost of personal spiritual direction (10 sessions) not included.

Options for fitting this into your life financially can be discussed with our course administrator.

**Registration Deadline:**  
**August 30, 2023**

Application forms are available on SoulStream web site.

*Contact*

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*SoulStream*

For those who yearn for  
intimacy & encounter  
with God,  
SoulStream  
offers a course in

**Living  
from the  
Heart**

2023 - 2024

Online - Zoom