



**What do you Think?**

**What do you Feel?**

**What do you Believe?**

**What do you See? ..... in yourself .....and in the world?**

These questions open us to find our deeper self that is masked with roles, habits, expectations and insecurities. Knowing the answers to these questions will unlock your inner ability to connect more deeply with others and find more purpose and meaning in life.

If you aren't absolutely sure the answers to those questions then please join us for an **8 week course**

## **Finding the Spiritual You**

It is not a class to tell you what to think, feel or believe but an invitation to find and enhance what you think, feel and believe to gain lasting joy. This is not about religion but about finding the spiritual you. Spirituality in this course is defined as "seeing the bigger picture and how I fit into it." Spiritual deficit can look like many other disorders but is not fixed through traditional ways of healing but through connection and understanding.

**First class is complementary** and then to join the remaining course it will be either covered by insurance or offered at a \$100 fee (half off normal cost). Open to non-patients.

**Starting Mar 5 4:30-6pm every Tuesday for 8 weeks**

