



BELLARMINE UNIVERSITY

School of Continuing and Professional Studies

Spring 2012

Personal Development Courses

The Art of Meditation

Learn the ancient practice of meditation, drawing from the great spiritual traditions and teachings of the masters. Meditation's benefits include stress reduction, better concentration and more happiness and peace in one's life. The Art of Meditation, which focuses on each student finding his/her own unique identity and style of practice, is held in the beautiful and contemplative environment of Our Lady of the Woods Chapel at Bellarmine University. Beginners and people of all faiths and backgrounds are welcome.

Instructor: Richard Sisto, who has been practicing meditation since 1965, studied Zen under Soyu Matsuoka Roshi, Christian mysticism with Thomas Merton, and yoga/Hindu practices with Swami Satchidananda. He has taught the art of meditation to thousands of students since 1970.

PERS 193 / 3 Mondays / Apr. 9 – 23 / 7 – 8:30 p.m. / \$79 (\$89 after Apr. 2)

Universal Healing Workshop

This fun and innovative workshop will help you discover your own unique gifts of healing. Explore techniques of meditation to learn to see, heal, and release barriers using the inner eye. Learn about chakras and the energy field and how they affect your health and daily life. Discover how to work and play with energy (yours and that of others) and how to help yourself and others with different techniques of healing.

Instructor: Dale Epley is an internationally known spiritual counselor, psychic/medium, and Reiki Master. Visit www.angelspeak.net to learn more about Dale and her work.

PERS 167 / 3 Thursdays / Mar. 1 - 15 / 6 - 8 p.m. / \$69, includes \$5 materials fee (\$79 after Feb. 23)

Understanding Your Heart's Potential

Our minds are intelligent and invaluable in our day-to-day experiences. However, when we want to expand ourselves beyond our limited beliefs and habitual behaviors, it is our Heart that has the consciousness we need. Learn very simple, yet powerful, techniques to start the process of getting out of your head and into your heart. Explore how to create new neural pathways to the way you want to experience your life verses how you have been programmed to experience life.

Instructor: Angie Brown is a licensed HeartMath provider. She has been using and teaching HeartMath for 7 years.

PERS 232 / 4 Thursdays / Mar. 15 – Apr. 5 / 6 – 7:30 p.m. / \$65 (\$75 after Mar. 8)

Leadership and Self Exploration*

Are you curious about what motivates you, both intrinsically and extrinsically? Do you want to discover your leadership skills and strengths? During this course you will take part in 4 separate nationally recognized self-reflection instruments designed to teach you about your leadership styles: Strengths Quest™ by Gallup®, Values Sort, Myers-Briggs Personality Type Indicator, and True Colors. Each assessment will allow you to see yourself through a slightly different lens, facilitating a well-rounded personal perspective on yourself. Class sessions will largely be discussion based.

Instructors: Elizabeth Cassady, M.Ed., serves as Director of Student Activities at Bellarmine University. Elizabeth has worked in student development at the collegiate level and k-12 level. Helen Grace Ryan holds a doctorate in education and serves as the Dean of Students at Bellarmine University. Elizabeth and Helen Grace are both Strengths Quest™ Certified Trainers.

PERS 236 / 5 Tuesdays / Apr. 3 – May 1 / 7 – 8:30 p.m. / \$99, includes \$29 materials fee (\$109 after Mar. 27)