

## 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 / Oct. 8 - 22 / 7 - 8:30 p.m. / \$79** (\$89 after Oct. 1)

## Crafting Singular Lives as Single Women

Most women will experience being single at some point in their adult lives, due to never marrying, getting divorced or becoming widowed. In a culture biased toward the married, being single can seem like a failing, especially at mid-life or later. Yet many single women craft satisfying lives in which they enjoy the distinctive benefits of being on their own. We'll explore the challenges and opportunities of being single and ways to create sustaining life stories and goals.

**INSTRUCTOR:** Katharine Baker, PhD, is a personal/professional development consultant and an adjunct faculty member in the Theology Department at Bellarmine. She understands her vocation to be that of assisting people in building on their current knowledge and skills to create new understandings and possibilities for action.

**PERS 242 / 2 Thursdays / Oct. 4 & 11 / 6 - 7:30 p.m. / \$35** (\$45 after Sept. 27)

## Living More Intentionally

Why are good intentions not enough? Why is it so hard to change? To transcend our deeply engrained habits, many of us need to re-author the personal narratives we enact in our lives. Through re-authoring, we can more mindfully choose our motivations, responses and actions to live out a story expressing our preferred identities. Discover how to use proven techniques to identify and rewrite your own personal script in order to live with more intention.

**INSTRUCTOR:** Katharine Baker, PhD, is a personal/professional development consultant and an adjunct faculty member at Vanderbilt Divinity School and Bellarmine University. She teaches in the disciplines of religion and human development, theology, pastoral care, and spirituality.

**PERS 237 / 3 Thursdays / Sept. 13 - 27 / 6 - 7:30 p.m. / \$49** (\$59 after Sept. 6)

## Filled Full or Fulfilled? The Psychology of Eating

A student once asked a Zen master how he should practice Zen. The master replied, "Rest when you're tired and eat when you're hungry." That's a difficult thing to do! After all, we often eat when we're feeling bored, anxious, or unfulfilled. In this practical seminar we'll explore ideas that can transform your relationship to eating. Learn about the psychopathology of anorexia, bulimia, and compulsive eating. Discover the psychological appeal of vegetarianism, organic foods, and various diets. Gain insight into why you crave certain foods, and dislike other foods. The benefits? Self-knowledge and better health!

**INSTRUCTOR:** Mark Dillof, Ph.D. is director of the Dillof Institute for Transformative Knowing, where he offers philosophical counseling. He is the author of *Mysteries in Broad Daylight: A Journey of the Deeper Meaning of Everyday Life*.

**PERS 243 / Wednesday, Sept. 26 / 6 - 9 p.m. / \$35** (\$45 after Sept. 19)