

SELF MASTERY

IN-PERSON

Have you ever wrestled with the impulse to react when you want to respond compassionately and calmly? Do you wonder what causes you to react in ways that leave you feeling dissatisfied? Do you have questions about integrity and compassionate communication? Do you sometimes wonder how to be a spiritual person in a practical world? This class is an inward journey exploring feelings, ego, relationships, and the process of personal change. With direct, practical advice from Don Miguel Ruiz's Four Agreements, the work of Byron Katie and others, you will discover new ways to deepen human love, trust, and forgiveness.



Facilitator: Booker T. Dikes, RScP

When: 8 weeks on Saturdays, beginning
October 21, 2023

Time: 11am - 2pm

Location: East Bay Church of Religious Science

4130 Telegraph Ave. Oakland, California, 94609

Investment: \$200.00 (CSL Registration fee: \$45.00 nonrefundable due at time of registration)

Register online here:

