inner paths

Spirituality

#6001 A
Krishnamurti: For Those Who Really Want to Understand
The most advanced teaching in the world makes all other psycho and religious stuff unnecessary.
Topics include: Meditation, how it works and why common methods of meditation should never be practiced; how to stop conflict and confusion in the mind effortlessly, any time, anywhere, without idea or control; 24-hour-a-day meditation that does not interfere with other activity; how to stop any habit without effort or idea; focus without concentration; the transformation of the mind; and the transformation of pain into beauty. No mantras. No breath focusing. No visualization. No subconscious suggestion. No drugs. No cult. No abstract nonsense. No kidding. We’ve got answers you won’t find anywhere else. Later, we will watch a film about Krishnamurti—the 60-year career of the world famous teacher. This is huge. Free reading material.
CONVENER: Marcus Williamson (816-531-6155)
CLASS FEE: $9
Sec. A: 1 session; Monday, February 6; 7:00 PM - 10:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#6002 A
Wicca 101: The Basics
Modern Wicca, also called Witchcraft, has its roots in the pre-Christian nature religions of Europe. This is a beginner’s class. Come explore a religion that embraces both a God and Goddess, practicing magic and following a spiritual path in tune with the natural world. Please bring $5 to class for handouts. The convener is the high priestess of the Luna Lushede coven.
CONVENER: Selene Rati (816-761-9393) E-mail: selenerati@lunalushede.org
Web site: www.lunalushede.org
CLASS FEE: $16
Sec. A: 13 sessions; Thursdays, beginning January 26; 7:00 PM - 8:30 PM; Central Library, Rm. 312, 14 West 10th Street (corner of Baltimore and 10th); LIMIT: 13

#6003 A
Fearless Buddha, Peaceful Warrior, An Introduction to Buddhism and Shambhala
In times of great uncertainty and aggression, each of us benefits from a community of people dedicated to an enlightened society. This society nurtures the existing basic goodness of its members so that they tread the path of a fearless Buddha and a peaceful warrior. This is an introductory class for new and seasoned meditators. Gary has been a member of the Shambhala Buddhism Association since 1974. He is currently working as an RN and a Guild Certified Feldenkrais Practitioner.
CONVENER: Gary Mass (913-338-4990) E-mail: gtmass2@yahoo.com
CLASS FEE: $16
Sec. A: 8 sessions; Sundays, beginning March 19; 6:00 PM - 8:00 PM; Unity Temple on the Plaza Rm. C, 707 W. 47th St., KCMO; LIMIT: 25

#6004 A
The Spiritual Path—Heart or Mind?
Join us and look at how various religions approach the spiritual experience and the awakening of the soul. Tape recorders are welcome. Bring $2 to class for material fees.
CONVENER: Jerry & Michael White (816-331-4715) E-mail: danceoflife@kcrr.com
CLASS FEE: $9
Sec. A: 1 session; Wednesday, March 1; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO; Bring picture ID; LIMIT: 25

#6005 A
Gnosis Unveiled
Gnosis means Knowledge. This knowledge must be discovered within oneself through the practical work that will be taught in this course. Students will learn different techniques to know themselves and access this knowledge. All great masters of all times became Masters by practicing secret or occult teachings. Now, these teachings are given publicly to all humanity because of the times in which we are living. Participants will receive a free copy of “Treatise of Revolutionary Psychology,” by Master Samuel Aun Weor at the end of the course.
CONVENER: Raul Torres & George Aranda (816-836-3384)
CLASS FEE: $16
Sec. A: 5 sessions; Tuesdays, beginning January 24; 7:00 PM - 8:30 PM; Central Library, Rm. 312, 14 West 10th Street (corner of Baltimore and 10th); LIMIT: 25

#6006 A
Sufi Teachings
Introduction to Sufi philosophy, history, practices, and poetry. Sufi teachings have embodied the perennial mystical wisdom of the ages, embracing all faith traditions—all are welcome!
CONVENER: The Kansas City Sufi Community (816-556-9246)
CLASS FEE: $9
Sec. A: 1 session; Wednesday, February 8; 7:00 PM - 9:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on right; LIMIT: 25

#6007 A
Shamanism
The shaman has played an important role in the survival of humanity. We will discuss historical and cultural aspects of shamanism. We will examine the roles of “psychopomp,” visionary and healer. We will experience a shamanic journey and work with our power animals. Please refrain from consuming alcohol or meat one day before the class. Please bring a bandanna, pillow, light blanket and a healthy dry snack. Please bring $5 for materials.
CONVENER: Dragonfire is a member of the Foundation for Shamanic Studies.
CONVENER: Dragonfire (913-721-3045)
CLASS FEE: $9
Sec. A: 1 session; Saturday, May 6; 10:00 AM - 12:00 PM; North Country Cafe, 3601 Roanoke, KCMO; LIMIT: 25

#6008 A
Natural Energy Work
Are you curious about your spiritual connection to the natural world? We’ll explore some historical background on how people work in harmony with the elements and seasons. Learn about the “wheel of the year” and how you can focus your personal energy to influence positive outcomes. Find out about your body’s energy centers and how to safely increase their effectiveness for personal healing.
The class will feature a guided meditation, fun discussions and playful activities. Please bring $5 to cover materials. Dragonfire is an eclectic nature lover and Reiki Master.
CONVENER: Dragonfire (913-721-3045)
CLASS FEE: $9
Sec. A: 1 session; Saturday, April 8; 10:00 AM - 12:00 PM; Haag Hall, Rm. 310, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#6009 A
Basics of Buddhism
Have you always wanted to understand Buddhism? Buddhism is a 2,500 year old tradition that teaches us how to end pain and suffering in ourselves and others. This course will cover: meditation instruction, life of the Buddha, basic Buddhist teachings, three schools of Buddhism and much more. Each class will begin with an optional meditation from 7 - 7:30. Please bring $15 for workbook to first class. Chuck is an ordained Buddhist Lama in the Nyingma lineage and co-founder of the Rime Buddhist Center.
CONVENER: Lama Chuck Stanford E-mail: lama108@aol.com
Web site: www.rimecenter.org
CLASS FEE: $16
Sec. A: 12 sessions; Mondays, beginning January 23; 7:00 PM - 9:00 PM; Rime Buddhist Center, 700 West Pennwy, KCMO, (N. on I-35, exit on W. Pennway, take a left, RBC on right); LIMIT: 25

It does me no injury for my neighbor to say there are 20 gods, or no god.
It neither picks my pocket nor breaks my leg.
— Thomas Jefferson
#6010 A
**Voluntary Simplicity**

From the Buddhist perspective, simplifying our lives is one of the keys to happiness. Buddhism is a 2,500 year-old religion that teaches us how to relate to our world. This four-session course explores aspects of simplicity and how we might apply these ideas to our daily lives. Topics include: Awakening the Soul, Spirituality and Nature, Transforming Work, Finding Meaning, and Building Community. This course will follow the text: “Circle of Simplicity” by Cecile Andrews. Each class will begin with an optional meditation from 7 - 7:30. Please bring $12 to the first class for the text.

**CONVENER:** Chaplain Mary Stanford E-mail: lama108@aol.com Web site: www.rimecenter.org

**CLASS FEE:** $16

Sec. A: 4 sessions; Wednesdays, beginning February 22; 7:45 PM - 9:00 PM; Rime Buddhist Center, 700 West Pennway, KCMA, (N. on I-35, exit on W. Pennnway, take a left, RBC on right); LIMIT: 25

#6011 A
**Shamanic Breathwork**

Shamanic breathwork, a spiritual healing tool used by the shaman to connect to past lives, guides and personal psychic development through the breath. We will discuss the process, its benefits and what you can expect. Megan is a licensed Breathwork facilitator, spiritual counselor, attunement and Reiki healer.

**CONVENER:** Megan

**CLASS FEE:** $9

Sec. A: 1 session; Saturday, March 11; 2:00 PM - 3:30 PM; White Light Holistic Resource Center, 1607 W. 39th St., KCMD; LIMIT: 15

#6012 A
**Good Karma Knitting Practice**

It’s time to get together again to practice mindfulness through knitting. Join us at the Rime Center to make items to donate to the homeless shelters. Bring your own yarn and needles and ideas to share. All knitters are welcome! Each class will begin with an optional meditation from 7 - 7:30 PM. Mary knits as a hobby and is co-founder of the Rime Buddhist Center.

**CONVENER:** Mary Stanford E-mail: lama108@aol.com Web site: www.rimecenter.com

**CLASS FEE:** $16

Sec. A: 4 sessions; Wednesdays, beginning January 25; 7:45 PM - 9:00 PM; Rime Buddhist Center, 700 West Pennnway, KCMA, (N. on I-35, exit on W. Pennnway, take a left, RBC on right); LIMIT: 25

#6013 A
**What is Spirituality?**

What is spirituality, what is meditation, what is a guide, and what does being psychic mean? Get answers to these questions and more during this class. This will be an opportunity to learn more about various spiritual practices and beliefs. Q & A session will follow, so bring your questions. Megan is a licensed Breathwork facilitator, spiritual counselor, intuitive psychic, and attunement and Reiki healer.

**CONVENER:** Megan

**CLASS FEE:** $9

Sec. A: 1 session; Tuesday, January 31; 7:00 PM - 8:30 PM; White Light Holistic Resource Center, 1607 W. 39th St., KCMD; LIMIT: 15

#6014 A
**Buddhism and the Religious Right**

Some say this country is facing a threat of Christian theocracy, and certainly our politics have been contorted by religious extremism. In this talk, Dr. Vern Barnett will explore the question of what insights Buddhism offers to understand this phenomena, and the duty Buddhists have to heal the rift in our nation. We will begin with an optional meditation from 7 - 7:30 PM. Dr. Barnett, DMN, is a minister-in-residence at CREES, a Kansas City educational and inter-religious organization he founded in 1982. He also teaches religion courses as an adjunct professor at many area colleges and is known to many Kansas Citians through the column he writes each Wednesday for the Kansas City Star.

**CONVENER:** Rev. Vern Barnett

**CLASS FEE:** $9

Sec. A: 1 session; Wednesday, May 31; 7:45 PM - 9:00 PM; Rime Buddhist Center, 700 West Pennnway, KCMD, (N. on I-35, exit on W. Pennnway, take a left, RBC on right); LIMIT: 50

#6015 A
**Women's Re-Birthday of Sacred Play**

Eleven hours of: Meditation; silent guided moving; Art: clay, paint, collage; Play: singing bowls, sacred bells, healing drums, women’s voices; Vision: astrology, tarot, shamanic journey, intuitive healing; Nourishing food and laughing women. Bring a vegan dish to share.

**CONVENER:** Regina Compemolle (816-231-3416) E-mail: regnascm@aol.com

**CLASS FEE:** $14 + $20 material fee = $34

Sec. A: 1 session; Saturday, April 1; 10:00 AM - 9:00 PM; Sacred Earth Arts, Convener will call with location (class located 15 minutes West of Downtown KCMD); LIMIT: 10

#6016 A
**Introduction to Practical Kabbalah**

Kabbalah is a system of mysticism that has developed over many centuries. Until recently its teachings were kept secret. Now it is revealed to the world at a time of great need so that as many people as possible can learn its methods of self-protection and enhancement of personal evolution. Kabbalah can improve all areas of your life through its simple methods.

**CONVENER:** John Sandbach (816-931-0116) E-mail: info@whitelightbookstore.com

**CLASS FEE:** $9

Sec. A: 1 session; Tuesday, May 16; 7:00 PM - 9:00 PM; White Light Holistic Resource Center, 1607 W. 39th St., KCMD; LIMIT: 15

#6017 A
**Unraveling Your Dreams, Discovering an Inner Ally**

Many of us can’t recall our dreams, or we dismiss them as weird or too scary to delve into, but dreams are a rich source of insight, guidance and personal growth if we pay heed to them. I will teach you how to recall your dreams, learn their symbolic language and access their wisdom. Using proven techniques for working with your dreams, alone or in a group, will reap many benefits for your spiritual and personal life. Carol, a spiritual teacher and guide, has worked with her dreams for many years and loves to share this treasure.

**CONVENER:** Carol Meyer (913-877-8872) E-mail: wisdomways@planetek.com Web site: www.wisdom-ways.org

**CLASS FEE:** $9

Sec. A: 1 session; Tuesday, February 7; 7:00 PM - 9:00 PM; 5019 W. 56th St., Roeland Park, KS, 3 blocks west of Roe; LIMIT: 15

- **Non-Profit Organizations**
- **Green Businesses**
- **Like Minded People**

WWW.PEOPLESGLUID.COM & WWW.THEPEOPLESGLUID.COM
Life rhythms
Unity Temple on the Plaza, 707 W. 47th St., KCMO; LIMIT: 25
Sec. A: 1 session; Wednesday, February 1; 7:30 PM - 9:00 PM;
worth@mindspring.com
CONVENER: Ben Worth (816-561-4466 143) E-mail: ben
healing our wounds, learning from our problems
uses the physical breath, the energy breath and the
daily existence. Learn a guided meditation that
Without our conscious awareness, they rule our
Memories and emotions are stored there as energy.
Learn to access the innate wisdom of the body.
Wisdom training
#6201 A
located 15 minutes West of Downtown KCMO)
CLASS FEE: $7
reginacom@aol.com
Sacred Earth Arts, Convener will call with location (class located
with date, place and time of birth and send $15
attitude by which you approach life. Call convener
born. These cycles reveal the period of increase and
by the phase of the moon under which you were
born. These cycles reveal the period of increase and
The most appropriate way of describ
ing what we do when we meditate is becoming
aware (awareness). The most appropriate way of describ
the freshness of a beginner's mind. Learn or review
the folklore, symbolism, and uses of a magic wand.
This class will show you the unfolding pattern of
the Lunar Cycle in your life. This is determined by
the phase of the moon under which you were
born. These cycles reveal the period of increase and
decrease throughout your lifetimes, as well as the
attitude by which you approach life. Call convener
with date, place and time of birth and send $15
material fee by Feb. 4th to: Regina, 3104 Peery, KC
064127.
CONVENER: Regina Compemolle (816-231-3416) E-mail:
reginacom@aol.com
CLASS FEE: $9
Sec. A: 1 session; Saturday, February 11; 11:00 AM - 2:30 PM;
Sacred Earth Arts, Convener will call with location (class located
15 minutes West of Downtown KCMO); LIMIT: 10

Make a Full Moon Magick
Wand
Under the light of a silvery moon we’ll learn about
the folklore, symbolism, and uses of a magic wand.
We will create sacred space, meditate on our intent
and personal direction in life, and construct a wand
using wood, crystals, feathers and a variety of
magic materials. Bring $15 to class for material fee.
CONVENER: Regina Compemolle (816-231-3416) E-mail:
reginacom@aol.com
CLASS FEE: $9
Sec. A: 1 session; Saturday, February 11; 6:30 PM - 9:30 PM;
Sec. B: 1 session; Saturday, May 12; 11:00 AM - 9:30 PM;
Meets; Sacred Earth Arts, Convener will call with location (class
located 15 minutes West of Downtown KC); LIMIT: 10

#6202 A Meditation Practice
For Beginners and
Experienced Meditators
Join the Shambhala Buddhist Meditation group the
first Sunday of each month. We can all start with
the freshness of a beginner’s mind. Learn or review
your meditation technique as a way of resting the
mind with Shamatha-Vipashyana (mindfulness and
awareness). The most appropriate way of describ
ing what we do when we meditate is becoming
familiar with the nature of our mind rather than
practice. Just like still water has the same nature as
the water that has ripples or waves, we recognize
the clear, awake qualities of the mind during
meditation. Walking meditation instruction will be
given also.
CONVENER: Gary Mass (913-338-4900) E-mail: gtmass2@
yahoo.com
CLASS FEE: $16
Sec. A: 4 sessions; Sundays, beginning February 5; 5:00 PM
- 6:00 PM; Unity Temple on the Plaza Rm. C, 707 W. 47th St.,
KC; LIMIT: 25

Living in the Moment: Pathway to
Peace
You can cut your stress in half by simple mind
training! With motivation and practice, you can learn
to stay out of fears of the future and regrets
of the past. By living in the moment, you will
gain insights, healing, spiritual wisdom, peace
and freedom from the ego. You will also appreciate
and savor life to the fullest. Come learn practical ways
to be more present, with insights from spiritual
teachers Eckhart Tolle and Thich Nhat Hanh. Carol
Meyer has an MA in Theology, leads retreats
and offers spiritual direction.
CONVENER: Carol Meyer (913-677-8672) E-mail:
wisdomways@alanetic.com Web site: www.wisdom-ways.org
CLASS FEE: $9
Sec. A: 1 session; Wednesday, April 5; 7:00 PM - 9:00 PM;
5019 W. 38th St., Roeland Park, KS, 3 blocks west of Roe;
LIMIT: 15

#6205 A Meditation Workshop
Meditation has been proven to lower blood pressure,
relieve stress and help you cope with anxiety.
It has also shown to be very effective with
chronic pain, insomnia and panic disorder. The
wonderful thing about meditation is that it can
be used anywhere, even on the way to work and
has no dangerous side effects. You will learn
this simple technique that can change your life.
This class is based upon the work of Jon Kabat-Zinn,
of the Stress Reduction Clinic at the University
of Massachusetts Medical Center. The class will begin
with an optional meditation from 7:30 to 9:30 pm.
CONVENER: Lama Chuck Stanford E-mail: lama108@aol.com
Web site: www.litemcenter.org
CLASS FEE: $9
Sec. A: 1 session; Wednesday; January 25; 7:30 PM - 9:30 PM;
Rime Buddhist Center, 700 West Pennway, KC; (N. on I-35,
exit on W. Pennway, take a left, RBC on right); LIMIT: 25

Dying training
#6203 A
Dying training
Learn to experience peace in the presence of
dying and death. Christian and Buddhist traditions are
combined with quantum physics and the teachings of
Stephen Levine, Elizabeth Kubler-Ross, Patricia
Shelton and others. Learn to find comfort in grief.
Ben’s teaching combines Buddhist and Christian
philosophy with the wisdom of science.
CONVENER: Ben Worth (816-561-4466 143) E-mail:
benworth@mindspring.com Web site: theamericanbuddhistcenter.org
CLASS FEE: $9
Sec. A: 1 session; Wednesday, February 8; 7:30 PM - 9:00 PM;
Unity Temple on the Plaza, 707 W. 47th St., KC; LIMIT: 25

Wisdom Training
#6201 A
Wisdom Training
Learn to access the innate wisdom of the body.
Memories and emotions are stored there as energy.
Without our conscious awareness, they rule our
daily existence. Learn a guided meditation that
uses the physical breath, the energy breath and the
imagination to soften their control of your life. Ben
is dedicated to creating practical techniques for
healing our wounds, learning from our problems
and finding peace.
CONVENER: Ben Worth (816-561-4466 143) E-mail:
benworth@mindspring.com
Web site: theamericanbuddhistcenter.org
CLASS FEE: $9
Sec. A: 1 session; Wednesday, February 1; 7:30 PM - 9:30 PM;
Unity Temple on the Plaza, 707 W. 47th St., KC; LIMIT: 25

#6206 A Peace Within: Learning to
Meditate
Don’t be put off by thinking that meditation is not
for you because you can’t still your mind. It’s easy,
enjoyable and produces many benefits: less stress,
better health, more wisdom and guidance, feelings
of joy and connection, inner strength and more.
I will teach you all you need to know to do it
successfully, whether for spiritual purposes or simply
for relaxation. Carol Meyer, MA in Theology, is a
spiritual teacher and counselor with a passion for
meditation and sharing this gift with all.
CONVENER: Carol Meyer (913-677-8672) E-mail:
wisdomways@alanetic.com Web site: www.wisdom-ways.org
CLASS FEE: $9
Sec. A: 1 session; Thursday, February 23; 7:00 PM - 9:00 PM;
5019 W. 38th St., Roeland Park, KS, 3 blocks west of Roe;
LIMIT: 15

Authentic Moment
#6208 A
Authentic Moment
Authentic movement is a simple but profound
practice, best described as a moving meditation.
It calls for curiosity, respect, honesty and a little bit of
courage to face the unknown. Authentic movement
can be used for self exploration, spiritual practice
or artistic resource. 18 and older only, please.
CONVENER: Melinda Crump
CLASS FEE: $9
Sec. A: 1 session; Wednesday, January 25; 7:30 PM - 8:30 PM;
City in Motion School of Dance, 3295 Main (across Main St. from
CVS Pharmacy) KC; LIMIT: 10

Enneagram Introduction
#6301 A
Psychic
This class will study the nine personality types
of the Enneagram, how each leads a person to
develop a particular stance toward life and how that
affects your personality. We will also explore the gifts
of each type and how one can use that gift for
spiritual development. The Enneagram is part of the Sufi
oral tradition, brought to the Western World by
Guindogge. Please bring $5 to class for materials.
Dian has worked in mental health in Kansas City for
21 years. She has studied the Enneagram since 1988.
CONVENER: Dian Frank-Wilburn Cheryl Guth & Marcia
Fleischman
CLASS FEE: $15
Sec. A: 4 sessions; Mondays, beginning January 30; 7:00 PM
- 8:30 PM; Broadway Baptist Church, Heritage Room, Broadway
& 38th Terr, KC; LIMIT: 15

Meditation
GNOSIS UNVEILED

GNOSIS means KNOWLEDGE. Gnosis is the practical synthesis of all Yoga, Lodges, Orders, Religions, Schools, Systems, etc., etc.

The Gnostic Teachings have never been taught publicly; it was forbidden. In this era of Aquarius, the doors have been opened to humanity by the Great Masters. All the Ancient Secrets and Keys to achieve The Great Work, are given in our courses.

The Gnostic Confraternity as an Esoteric School provides the tools and techniques to know how to do:

* Astral Unfolding.
* Relaxation and Concentration.
* Meditation.
* Eliminate the causes of our fears, egotism, drug addiction, relationship and financial problems.
* Use our creative energy for Transcendental and Spiritual purposes.
* Know about the cosmic laws of Karma, Dharma, Return, Evolution, etc.
* And learn why our planet is going through so many ecological and climate changes and what to do about it.

All classes are free of charge! WED: 7PM, SAT: 5PM
1507 S. Noland Rd, Independence, MO 816-836-3384
#6304 A  
Our Psychic Brain  
Learn what the psychic mind is all about, what it is, how it works, how to gain access to it and what to do with it when you have it. We all have a vast potential beyond the five senses. Come and open up to this potential in your own life. Tape recorders are welcome. Bring $2 material fee to class.  
CONVENER: Jerry White  (816-331-4715) E-mail: danceoflife@kc.rr.com  
CLASS FEE: $9  
Sec. A: 1 session; Thursday, January 26; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO; Bring picture ID; LIMIT: 25

#6305 A  
Tarot  
Bring an open mind and a willing spirit, and you will be reading tarot cards by the end of this class, even if you have never even seen a tarot card before. Bring your own deck, or use one of ours. Some decks will be available for purchase at class. Bring $2 material fee to class.  
CONVENER: Jerry & Michael White & Drue Cohoon  (816-331-4715) E-mail: danceoflife@kc.rr.com  
CLASS FEE: $9  
Sec. A: 1 session; Thursday, February 2; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 25

If you can't see God in all,  
You can't see God at all.  
—Yogi Bhajan

#6306 A  
Using Energy: Magic and Healing  
Recognize and learn to use your own energy and that of the planet for growth, awareness and control over your own life. We will focus on techniques from ancient Egypt and their application in today’s world, plus modern techniques based on cutting edge science. Recommended reading: “The Field” by Lynn Mettassart. We will have a few copies available for purchase for $15. Tape recorders welcome. Please bring $8 material fee to class.  
CONVENER: Jerry & Michael White & John Hanscum  (816-331-4715) E-mail: danceoflife@kc.rr.com  
CLASS FEE: $14  
Sec. A: 2 sessions; Thursdays, beginning February 9; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 25

#6308 A  
Psychometry  
Now is the time to re-establish the full communication and awareness which was once our common heritage. By tuning in to your own inner voice, you can learn to uncover messages about the environment and other people from objects they have touched. Join us in this trip of discovery. Tape recorders are welcome. (Sixth week of Inner Space Connection).  
CONVENER: Drue Cohoon & Jerry White  
CLASS FEE: $9  
Sec. A: 1 session; Thursday, March 2; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 25

#6309 A  
Basic Handwriting Analysis  
In addition to teaching basic elements of handwriting analysis, this course will also show some of its uses. Come learn how you can use the principles of graphology to change your personality and your behavior. Tape recorders are welcome. Bring $5 to class for material fee. Additional materials are available for $2 (not required).  
CONVENER: Jerry White  (816-331-4715) E-mail: danceoflife@kc.rr.com  
CLASS FEE: $9  
Sec. A: 1 session; Thursday, March 9; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 25

#6310 A  
Numerology  
Discover the potential of your name. Understand the energy that each of us focuses in a unique way. Many of the secrets of who you are and what you can enjoy are all locked inside an understanding of your name coupled with your birth date. This course covers all the basics and more. Tape recorders are welcome. Bring $5 material fee to class.  
CONVENER: Drue Cohoon & Jerry White  
CLASS FEE: $9  
Sec. A: 1 session; Thursday, March 16; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 25

#6311 A  
Reincarnation, Karma and the Meaning of Life  
Reincarnation and Karma are more than just another set of religious beliefs. An understanding of these concepts can help you make sense of the way our universe works. Come learn what the ancient Egyptians knew and see how this knowledge can help you. Bring $10 material fee to first class. (Ninth through twelfth weeks of Inner Space Connection).  
CONVENER: Jerry & Michael White & Drue Cohoon  (816-331-4715) E-mail: danceoflife@kc.rr.com  
CLASS FEE: $16  
Sec. A: 4 sessions; Thursdays, beginning March 23; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 25

#6312 A  
Out-of-Body  
Learn a technique for expanding your awareness through time and space. This method can help you overcome the fear that often plagues those who wish to travel out-of-body. (Tenth week of Inner Space Connection).  
CONVENER: Drue Cohoon & Jerry White  
CLASS FEE: $9  
Sec. A: 1 session; Thursday, March 30; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 25

#6313 A  
Dowsing: Using Pendulums and Divining Rods  
Learn to find water, treasure and missing items by using the ancient technique of dowsing. Bring your own pendulum or peach branch, or borrow one of ours. We will all learn to use pendulums, Y-Rods and L-Rods to answer questions and many other things. Come join us for an evening as rewarding as it is interesting. Tape recorders welcome. Bring $5 to class for material fee.  
CONVENER: Chuck Digby & Jerry White  (913-341-9006)  
CLASS FEE: $9  
Sec. A: 1 session; Thursday, April 6; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre B, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 25

#6314 A  
Great Eagle’s Gift  
Learn background information about Shamanic spirit animals, energy chakras, colored stones and the sacred medicine wheel. “Great Eagle’s Gift” can be used to share insight on questions about spiritual growth, love and material wealth. Please bring $5 for a packet of materials. Drag-onfire is a Reiki Master who practices shamanic journeying and natural energy work.  
CONVENER: Drag-onfire  (913-721-3045)  
CLASS FEE: $9  
Sec. A: 1 session; Saturday, March 18; 10:00 AM - 12:00 PM; Central Library, Rm. 312, 14 West 10th Street (corner of Baltimore and 10th); LIMIT: 20

#6315 A or B  
Astrology For Your Life  
What is astrology, and how can it enhance your life? See how the planets reveal your gifts, challenges and timing of events. Learn the basics and how to benefit from this ancient “art of time and place” from professional astrologer Kathleen Goodyear and Julia Steffey. Please email your birth date, time and place and bring $2 to class for your birth chart and handouts. Kathleen is an astrological consultant, teacher, researcher and writer who has been in the astrological field for 26 years. Julia is an astrological and intuitive consultant, writer, teacher and artist.  
CONVENER: Kathleen Goodyear and Julia Steffey  (816-361-0774) E-mail: kgoodyear@myfastmail.com Web site: www.kathleengoodyear.com  
CLASS FEE: $9 + $2 material fee = $11  
Sec. A: 1 session; Tuesday, January 24; 7:00 PM - 9:00 PM; Haag Hall, Rm. 305, 52nd & Rockhill Road, UMKC Campus, KCMO; LIMIT: 10  
Sec. B: 1 session; Monday, April 17; 7:00 PM - 9:00 PM; Plaza Library, Rm. A, 48th & Main, KCMO; LIMIT: 20
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For additional information contact ben Worth at
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816.472.5549
#6316 A  
**Beginning Astrology**

Learn about your own sign and the signs of people you know. This class explores the various planets astrologers use, and tells you how they influence your character and destiny. You will learn the most basic elements of astrology and how to use them practically to make your life a richer, more rewarding experience.

**CONVENER:** John Sandbach  (816-931-0116) E-mail: info@whitelightbookstore.com  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Saturday, April 22; 2:00 PM - 3:30 PM; White Light Holistic Resource Center, 1607 W. 39th St., KCMO; LIMIT: 15

#6317 A  
**Expanding Your Amazing Intuition**

If you’ve ever wondered what it would be like to use more of your inherent intuitive abilities, this is the class for you. Practical, valuable information is offered in an easy-to-use format. You’ll become aware of the many ways that Spirit can and does communicate with us and learn how to clarify the information received.

**CONVENER:** Debra Darpe Bailer  (913-599-3685) E-mail: debbierupe@hotmail.com Web site: http://htransformations.tripod.com  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Sunday, January 29; 1:00 PM - 3:00 PM; Royall Hall, Rm. 202, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

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**Philosophy**

#6401 A  
**Earth School 101**

Ever wondered why you can’t seem to make life work for you? Find out how you are drawing “or not drawing” things into your life. Learn about the law of attraction & other energy/universal principles that are impacting your life. Discover how to make them work for you rather than against you to create the life you desire.

**CONVENER:** Ronnie Wilson  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Thursday, May 4; 7:00 PM - 9:00 PM; 6045 Martway, Rm. 99, Shawnee Mission, KS; LIMIT: 25

#6501 A  
**Are You Sure You Believe What You Think You Believe?**

We shall consider such issues as the function of knowledge, belief and faith in religious life as well as the meaning of the word “God”, the soul, the afterlife and related topics. Gilbert L. Shoham, PhD, is a former practicing clergyman-rabbi of 25 years of experience and has taught philosophy in various universities, including UMKC, for many years, having earned an MA from McGill University in Montreal and a PhD from USC in that field.

**CONVENER:** Gilbert Shoham  (913-491-2839) E-mail: shohammer@umkc.edu  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Thursday, February 2; 7:00 PM - 9:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#6502 A  
**Living and Dying**

This is the only class everyone will eventually experience. How do we die? What happens afterward? Since “death” is inevitable, why not dispel the taboo and mystery about this amazing transformation. The class will cover the body’s death, death and dying issues and explore reports from “near death experiences.” Learning about death deepens one’s enjoyment of life. Dragonfire has dealt with death experiences. He has dealt with death and dying issues since 1976. He respects all spiritual traditions and paths.

**CONVENER:** Dragonfire  (913-721-3045)  
**CLASS FEE:** $9  
**Sec. A:** 1 session; Saturday, May 6; 1:00 PM - 3:00 PM; Northeast Library, Rm. B, 6000 Wilson Rd., KCMO, Independence Ave. East, several blocks past Van Brunt but before railroad underpass, Take left on Wilson - go past Price Chopper and strip mall, library on left.; LIMIT: 20

#6503 A  
**Bridging the Divide**

This class will address bridging the divide that philosophical differences have created in our nation. Rather than focus on those things that may divide us, we must learn to articulate those values that we share in common, and leverage the strengths that spring from shared values to help make our nation whole again. Suggested text: “The Seven Habits of Highly Effective People.” The discussion leader, Dr. Sheldon Stahl, is a professional economist who is an active member of the United Nations Association, Greater Kansas City Chapter.

**CONVENER:** Sheldon Stahl  (816-531-2131) E-mail: lrd@allsoulskc.org  
**CLASS FEE:** $16  
**Sec. A:** 6 sessions; Thursdays, beginning February 23; 7:00 PM - 9:00 PM; All Souls Unitarian Church, 4501 Walnut, KCMO, Main at 45th. Enter from parking lot; LIMIT: 20

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#6504 A  
**Aldous Huxley: From the Political to the Spiritual**

Aldous Huxley’s most famous work, “Brave New World” did much to alert the world to the possible dangers of psychology and technology taken to their most dangerous limits. The class will discuss several novels of Huxley, including “Brave New World”: “The Island”, and his brilliant seminal work on mysticism, “The Perennial Philosophy”. Read “Brave New World” before the first class, if possible. Louann Stahl is an author with an interest in world peace and metaphysics.

**CONVENER:** Louann Stahl  (816-531-2131) E-mail: lrd@allsoulskc.org  
**CLASS FEE:** $16  
**Sec. A:** 6 sessions; Thursdays, beginning February 23; 7:00 PM - 9:00 PM; All Souls Unitarian Church, 4501 Walnut, KCMO, Main at 45th. Enter from parking lot; LIMIT: 20

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Those are my principals, if you don’t like them......  
I have others.  
—Groucho Marx