

Thoughts to Consider Before Starting



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Insightful Thoughts Before You Start

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- Ronnie K will serve as Journey Guide and Facilitator during the next several weeks, creating a safe space to exchange thoughts as we journey together.
- Please know, he will tell you where to look along the journey but never tell you what you should see.
- You are encouraged to ask questions and share your “aha” moments ... creating a learning experience for the whole class.



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Insightful Thoughts Before You Start (cont'd)

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- Over the years, many books have explored the topics we'll be discussing over the next several weeks ... some of you may have read a few, while others many.
- Let's take a quick look at a timeline of some of the key New Age and spiritual books and their authors.


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NYT Best Seller Personal Exploration Books

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- Ram Dass - Be Here Now (1971)
- ** Wayne Dyer - Your Erroneous Zones (1976)
- * Jean Houston - The Possible Human (1982)
- Louise Hay - You Can Heal Your Life (1984)
- * Gary Zukav - The Seat of the Soul (1989)
- James Redfield - The Celestine Prophecy (1993)
- ** Don Miguel Ruiz - The Four Agreements (1997)
- Eckhart Tolle - The Power of Now (1997)
- * Gangaji - The Diamond in Your Pocket (2005)
- ** Brené Brown - The Gifts of Imperfection (2010)

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Insightful Thoughts Before You Start (cont'd)

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- Our JourneyBetween class discussions will be open, thoughtful, and respectful recognizing that at this stage of life, there are no absolute right or wrong answers ... only perspectives shaped by experience.
- These class discussion invite you to reflect on the richness of your own life journey, explore and discover new insights, and embrace fresh perspectives as you continue to grow in understanding, fulfillment, and spiritual awareness.


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Confidentiality and Privacy

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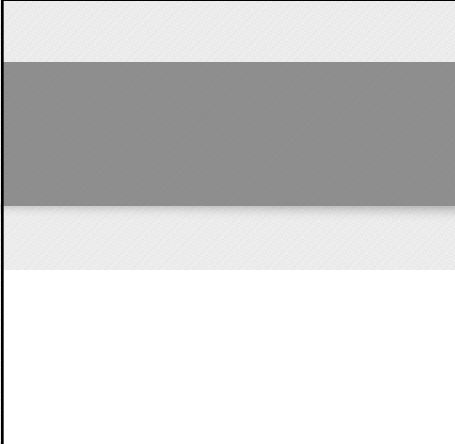
All class participants will maintain the strictest levels of confidentiality with what personally is discussed in class among all participants.

"What is personally discussed in class stays in class."


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Good Luck on the Journey

END

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