

## 2016 CLASSES and WORKSHOPS

### **JANUARY**

#### Mondays:

SELF-DEVELOPMENT WORKSHOP on FORGIVENESS.

2 SKYPE classes January 18 & 25 (7 – 9 p.m.).

#### Thursdays:

Ministerial training

### **FEBRUARY**

#### Mondays:

THE POWER OF YOUR WORD

8 Monday evening SKYPE Classes February 1 - March 21 (7 - 9 p.m.).

#### Tuesdays:

WHAT'S IT ALL ABOUT?

THE FOUNDATION OF METAPHYSICS, NEW THOUGHT, SPIRITUAL DEVELOPMENT & SUCCESS.

10 Tuesday evening classes February 9 – April 12 (6:30 – 9:15 p.m.).

#### Wednesdays:

THE POWER OF INTENTION

8 Wednesday evening SKYPE class February 17 – March 30 (7 – 9 p.m.).

#### Thursdays:

Ministerial training

**MARCH**

## Mondays:

THE POWER OF YOUR WORD

8 Monday evening SKYPE Class February 1 - March 21 (7 - 9 p.m.).

## Tuesdays:

WHAT'S IT ALL ABOUT?

THE FOUNDATION OF METAPHYSICS, NEW THOUGHT, SPIRITUAL DEVELOPMENT &amp; SUCCESS.

10 Tuesday evening classes February 9 – April 12 (6:30 – 9:15 p.m.).

## Wednesdays:

THE POWER OF INTENTION

8 Wednesday evening SKYPE class February 17 – March 30 (7 – 9 p.m.).

## Thursdays:

Ministerial training

## Saturday / Sunday (March 5-6)

THINK &amp; GROW RICH – a 2-day workshop on MONEY, WEALTH &amp; PROSPERITY.

**APRIL**

## Mondays:

SELF-DEVELOPMENT WORKSHOP on FORGIVENESS

2 classes on April 4 &amp; 11.

## Tuesdays:

WHAT'S IT ALL ABOUT?

THE FOUNDATION OF METAPHYSICS, NEW THOUGHT, SPIRITUAL DEVELOPMENT &amp; SUCCESS.

10 Tuesday evening classes February 9 – April 12 (6:30 – 9:15 p.m.).

**FINANCIAL FREEDOM**

8 Tuesday evening classes April 26 – June 14 (6:30 – 9:15 p.m.).

**Wednesdays:****THOMAS TROWARD, THE EDINBURGH LECTURES**

8 Wednesday evening SKYPE class April 13 – June 1 (7 – 9 p.m.).

**Thursdays:**

Ministerial training

**MAY****Mondays:****SELF-DEVELOPMENT WORKSHOP on SELF-ESTEEM**

2 classes on May 2 & 9 (7 – 9 p.m.).

**Tuesdays:****FINANCIAL FREEDOM**

8 Tuesday evening classes April 26 – June 14 (6:30 – 9:15 p.m.).

**Wednesdays:****THOMAS TROWARD, THE EDINBURGH LECTURES**

8 Wednesday evening SKYPE class April 13 – June 1 (7 – 9 p.m.).

**Thursdays:**

Ministerial training

**JUNE****Mondays:****SELF-DEVELOPMENT WORKSHOP on RELEASING ANGER, FEAR & GUILT**

2 classes on June 6 & 13.

**Tuesdays:****FINANCIAL FREEDOM**

8 Tuesday evening classes April 26 – June 14 (6:30 – 9:15 p.m.).

**HEALTHY RELATIONSHIPS**

3 Tuesday evening classes June 21 – July 5 (6:30 – 9 p. m).

**Wednesdays:****THOMAS TROWARD, THE EDINBURGH LECTURES**

8 Wednesday evening SKYPE class April 13 – June 1 (7 – 9 p.m.).

**Thursdays:**

Ministerial training

**JULY****Mondays:****SELF-DEVELOPMENT WORKSHOP on FULFILMENT & INNER PEACE**

2 classes on July 4 & 11.

**Tuesdays:****HEALTHY RELATIONSHIPS**

3 Tuesday evening classes June 21 – July 5; 6:30 – 9 p.m.

**Thursdays:**

Ministerial training

**AUGUST**

SUMMER BREAK

**SEPTEMBER**

## Mondays:

SELF-DEVELOPMENT WORKSHOP on HANDLING CRITICISM  
2 CLASSES ON September 12 & 19.

## Tuesdays:

ADVENTURES IN MEDITATION, TREATMENT & VISIONING  
8 Tuesday evening classes September 6 – October 25.

## Wednesdays:

PROSPEROUS LIVING  
8 Wednesday evening SKYPE classes September 14 – November 1 (7 – 9 p.m.).

## Thursdays:

Ministerial training  
Practitioner training

**OCTOBER**

## Mondays:

SUCCESSFUL LIVING  
8 Monday evening classes October 3 – November 21 (7 – 9:15 p.m.).

## Tuesdays:

ADVENTURES IN MEDITATION, TREATMENT & VISIONING  
8 Tuesday evening classes September 6 – October 25.

## Wednesdays:

PROSPEROUS LIVING  
8 Wednesday evening SKYPE classes September 14 – November 1 (7 – 9 p.m.).

Thursdays:

Ministerial training

Practitioner Training

**NOVEMBER**

Mondays:

SUCCESSFUL LIVING

8 Monday evening classes October 3 – November 21 (7 – 9:15 p.m.).

Tuesdays:

SELF-DEVELOPMENT WORKSHOP on PERSONAL EMPOWERMENT

2 classes November 1 & 8.

Wednesdays:

PROSPEROUS LIVING

8 Wednesday evening SKYPE classes September 14 – November 1 (7 – 9 p.m.).

Thursdays:

Ministerial training

Practitioner Training

**DECEMBER**

WINTER BREAK

# {course descriptions} Courses



## « FOUNDATION AND THE POWER OF YOUR MIND »

“There is one power in the Universe and we can all use it.”

This 12-class course provides an in-depth introduction to New Thought philosophy and the core concepts of Science of Mind. It demonstrates how to apply universal principles in every area of daily living with techniques for using the power of our word, meditating and developing affirmations to improve our financial situation, increase health and work situation, and to move from fear to faith. It's very much an experiential course with guided meditations and exercises to assist in a variety of real life situations.

FOR MORE INFORMATION: [Please E-Mail](#)

SUGGESTED READING:

The Science of Mind by Ernest Holmes (The 640 page 1938 edition).

### « PRACTITIONER TRAINING »

"I am grateful for all you have taught and are teaching me. You have helped me in so many wondrous ways and I appreciate you."

Upon completion of six introductory self-development courses ([see PRACTITIONER TRAINING](#)), an application may be made for practitioner and counselling training. This is an in-depth 48-week series of classes divided into six modules and spread over an 18-month period.

FOR MORE INFORMATION: [Please E-Mail info@SOMLondon.com](mailto:info@SOMLondon.com)

### «THE POWER OF INTENTION (skype class) »

"Change the way you look at things and the things you look at will change." (Dr. Wayne Dyer)

INTENTION is defined as, "a strong purpose or aim, accompanied by a determination to produce a desired result". And, as Dr. Dyer suggests, "intention is not something you do, but rather a force that exists in the universe as an invisible field of energy".

This course, based on Dr. Dyer's book of the same name, also includes insights to the ancient wisdoms of many mystics who tell us that there is really nothing to heal, only something to reveal. Their understanding is that intention is an invisible energy field inherent in all physical form; something we can feel, connect with and trust.

This course teaches a method of using intention to reveal the truth of our being -- that we are an activity of Source (Universal Energy, Life, God, Spirit) and that our nature and Source are the same. Since we are the same, the question then arises, "How do I experience and express that which I truly desire?" One possible answer is, "Through our intentions".

In this 8-week course on practical spiritual living we look at the many faces of intention and learn how to let go of ego and live a stress-free, successful and abundant life. In other words, we uncover and express our individual creative genius.

In the first lesson we locate the energy field of intention and investigate omnipresent intention and how we combine free will with intention.

As a foundation for the following lessons we learn how this energy field of intention relates to meditation and affirmative prayer. The importance of our will and imagination are key components of this class.

In subsequent lessons we look at setting our intention to respect ourselves, finding and expressing the hidden talents and the genius that is our true nature, living a stress-free life, and working toward a life of purpose and fulfilment.

FOR MORE INFORMATION: [Please E-Mail](#)

SUGGESTED READING: → The Power of Intention by Wayne Dwyer.

Basic Principles of the Science of Mind by Frederick Bailes.

Nothing Happens by Chance by Neil Mence.

**« THE FOUNDATIONS OF NEW THOUGHT (skype class) »**

“I know that as I continue on this journey everyday will be as a miracle.”

We all want to experience improved conditions in our lives -- better health, more money, harmonious relationships, different or better employment and perhaps numerous other things that will add to our joy of living. And there is absolutely no reason why these desires can't be achieved right now!

The FOUNDATION COURSE is the introductory course where we learn to move beyond what seems to be and use proven methods to change our lives permanently for the better. Most importantly, we come to understand that the ability to control our experiences and to have them result in happiness, prosperity and success lies in our mind and the way we use it.

Popular author Louise Hay said this was the course that helped her change her life. It was through it that she learned, “that my thoughts shaped my future ..... I became aware of my self-criticism. I began to babble in affirmations. I got the green lights and the parking places, and boy, did I think I was hot stuff..... Then one day, seemingly out of the blue, I was diagnosed with cancer.”

Louise’s story of how she realised that, “I had the power to change my life if I was willing to change my thinking and release the patterns that kept me in the past”, is a compelling one. It’s one of overcoming seeming obstacles and succeeding in life bringing hope and help to many.

#### « MEDITATION & AFFIRMATIVE PRAYER »

"Thank you for bringing all of us together and creating such a wonderful authentic space for us to reconnect and learn."

We know that as individuals we’re both physical and non-physical beings – human and divine. Mostly we’re aware of our physical being and its needs because meeting them is essential for us to survive in the world.

As we become more aware of our relationship with Life and all Its manifestations we discover that we’re more than our bodies, emotions and ideas. It’s through this discovery that we come in contact with the spiritual nature at the centre of our being. It’s here that we recognise we’re one with Infinite Life, intelligence and love. We reveal this spiritual reality by turning our attention inward, toward our power of intuition, toward our realisation of who we are.

There are numerous techniques to assist us in experiencing the reality of our spiritual life. Over the centuries many people have explored and discovered, through these techniques, a realm of experience beyond their ability to express in words.

In these classes we use techniques such as meditation and treatment to explore our consciousness and learn to:

- remove ourselves from distracting sounds and activities,
- focus our attention inward in a receptive and listening manner,
- persist in this practice through all diversion, confusion or seeming lack of progress, and - experience a fuller and more meaningful life.

TO REGISTER: [Please email info@SOMLondon.com](mailto:info@SOMLondon.com)

SUGGESTED READING: → Journey of Awakening by Ram Dass.

The Art of Meditation by Joel Goldsmith.

### « THE POWER OF YOUR WORD »

"The sessions that I've attended have been life-transforming. My attitude towards life and its 'seeming' challenges is changing."

“Our word is our wand filled with magic and power. We have the power to change an unhappy condition by waving over it the wand of our word.”

And so by learning how to use our word, “in the place of sorrow appears joy, in the place of sickness appears health, in the place of lack appears plenty”. Florence Scovel Shinn, THE GAME OF LIFE & HOW TO PLAY IT.

Such is the POWER OF OUR WORD! In this course,

- Gain a greater insight into affirmative thought.
- Find out why some affirmations and affirmative prayers are answered while others seem not to be.
- Look at the power and influence of belief.
- Learn the importance of affirmative habitual thinking
- Become comfortable speaking effective spiritual mind treatments for yourself and for others.

The reference book we'll use is Joseph Murphy's THE POWER OF THE SUBCONSCIOUS. A comprehensive workbook is also provided. For those who've previously taken the Foundation course, the Power of Your Word is a natural follow-on. PayPal and online enrolment at [www.somlondon.com](http://www.somlondon.com). Questions and further information, [Please contact us here](#)

**« SCIENCE & RELIGION »**

"I know that as I continue on this journey everyday will be as a miracle."

Although a part of Ministerial training, this course is open to everyone interested in exploring and discussing the world's religions, quantum physics and the works of Stephen Hawking and Richard Dawkins. In a unique series of 10-classes we run the gamut of Buddhism, Christianity, Daoism, Hinduism, Islam, Judaism, the historical religions of the aboriginal peoples of Asia and Africa, and then look at modern religious trends and discoveries in the field of science and ask that centuries-old question, "Are we alone?"

FOR MORE INFORMATION: [Please email info@SOMLondon.com](mailto:info@SOMLondon.com)

**« YOU CAN HEAL YOUR LIFE »**

An on-line class. Improve your health by understanding the connection between your mind and your body. Learn how consciousness plays such a pivotal role in the healing process. Discover how emotional states affect your body. Expand your knowledge and understanding of how beliefs play such an important role in our lives. In addition to many other writers we also consider the ground-breaking writings of Louise Hay during this 18 hour course spread over 6 classes.

FOR MORE INFORMATION: [Please email info@SOMLondon.com](mailto:info@SOMLondon.com)

RECOMMENDED READING: → The Principles of Healing by H. B. Jeffery.

Love Is Letting Go of Fear by Gerald Jampolsky.

The Power Is Within You by Louise Hay

### « SUCCESSFUL LIVING »

"SUCCESSFUL LIVING IS NOT A DREAM TO BE DREAMED, BUT AN EXPERIENCE THAT EACH OF US HAS THE RIGHT TO LIVE AND ENJOY NOW!"

In these classes we consider LASTING SUCCESS through a series of lessons in practical living. Each is designed to guide us on our own personal voyage of self-discovery, personal development and inner change. These are the constituent elements of successful living and on this journey we'll be looking at a whole range of issues which affect our everyday lives. This course is, in fact, a comprehensive guide to self-development and to living life more fully and meaningfully.

- ✚ We'll look at what life's all about, as well as some of the things we're supposed to know -- things such as getting on with people and being healthy, financially secure, and successful.
- ✚ We'll also consider some of the things we may not have a clue about, and things that may appear to be blocking our good -- fear, rejection, lack of self-esteem and unforgiveness, to name just a few.
- ✚ Then we'll think about some of the things we've perhaps never really considered -- like reincarnation, spirituality, how to get out of a hole, and meditation and other things we can do to get ourselves sorted out. We'll learn how to find and follow our bliss.
- ✚ Finally we put it all together by developing a practical guide to successful living through self-mastery. This is the blue-print to demonstrate how we can live a happier and more successful life.

### «SELF MASTERY »

"CHANGE THE WAY YOU LOOK AT THINGS AND THE THINGS YOU LOOK AT WILL CHANGE." (Dr. Wayne Dyer)

Are you achieving your true potential? Are you happy with every aspect of your life? Do you feel secure, confident and successful 24/7?

If you answered "no" to any of the above, consider our SELF MASTERY course! Take control of your life with this 8-week course which explores self-esteem, healthy relationships, aging, emotions, the ego, faith and commitment.

It's an extensive course that provides a detailed overview of your life to explain how things get to be the way they are.

Week 1 is a mini review of Science of Mind fundamentals and looks at our main core beliefs. Week 2 is all about consciousness (thought, emotion, feeling, ego, etc.).

Week 3 is devoted to wholeness. Week 4 explores healthy relationships. Week 5 is all about self-esteem. Week 6 looks at the eternal now and includes a look at aging and death. Week 7 is all about faith and commitment. Week 8 is a summing up and a look integrating self-mastery into all areas of living.

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#### « THOMAS TROWARD - THE EDINBURGH LECTURES »

"I am grateful for all you have taught and are teaching me. You have helped me in so many wondrous ways and I appreciate you."

This philosophy course helps us understand the principles presented in the Edinburgh Lectures. Specific topics include distinguishing between Spirit and matter, understanding the unity of Spirit, outlining the two functions of mind, the law of growth, and others.

In the words of Thomas Troward: "We are accustomed to judge only by external appearances and by certain limited significances which we attach to words; but when we begin to inquire into the real meaning of our words and to analyse the causes which give rise to the appearances, we find our old notions gradually falling off from us until at last we wake up to the fact that we are living in an entirely different world to that which we formerly recognised. The old limited mode of thought has imperceptibly slipped away, and we discover that we have stepped out into a new order of things where all is liberty and life."

Troward's idea that had the most profound effect on Ernest Holmes, founder of Science of Mind, was the idea of the impersonalness of the Law, which resolved for Holmes how God/principle responds equally to all. It was this revelation which explained how "good" people can experience "bad" things. After reading Troward, Holmes' excitement about the common ideas of all that he was reading led him to his life's work of synthesising all his studies into his philosophy of the Science of Mind.

Required texts -- The Edinburgh Lectures by Thomas Troward.

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**« FINANCIAL FREEDOM «**

"The sessions that I've attended have been life-transforming. My attitude towards life and its 'seeming' challenges is changing."

Are you ready to receive? This course is based on Principles of Spiritual Truth that are universal in nature. Learning and applying them leads to freedom in every area of life including financial freedom.

Remember, financial freedom is all about how we feel about the experience of money in our lives. It's the feeling of freedom that allows us to experience and express ourselves without the limitation or restraint of worry about money. Join us and:

- ✚ Deepen your relationship with prosperity and your true self.
  - ✚ Develop a greater awareness of your current attitudes and beliefs about money.
  - ✚ Identify the forms of self-expression that are in alignment with YOUR financial freedom.
  - ✚ Understand that financial freedom means order, balance and abundance in your financial affairs.
- It doesn't mean just having enough money to barely scrape through life with.

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