

# Coming Home to your Authentic Self

A book study class on  
“*Spiritual Liberation*” by Michael Bernard Beckwith  
Facilitated by Rev. Katherine Revoir

Rev. Michael defines Authentic Self as “...our inherently enlightened state, what the Buddhists call our original face and Christians define as soul.” In this 8-week class we will study *Spiritual Liberation* as a guide for living in joy and harmony with all aspects of our life.

The many mystical teachings are in plain English, and in this fun and informal class, Rev. Katherine offers tools for you to ignite a deeper dimension of your being.

Using right-brained plexercises (play exercises) and your inherent wisdom, you will:

- Set intentions for what you want to create, release, or transform, and then use weekly creative visuals that support your process.
- Drop dependency on the world as your source, coming home to your internal chamber to access everything you need.
- Explore, develop or deepen your spiritual practice, including prayer, play, meditation, pondering, and down time.

*Join us for an introductory, “check it out” evening and get a sense of Rev. Katherine’s teaching style and a sample of her material. This evening will be held at GGCSL on Thursday, October 8 at 6:30pm. The cost is \$10. You do not need to attend in order to sign up for the class.*



*Rev. Katherine is the  
Spiritual Leader of  
Center for Richer Living*

**When & Where:** Eight Thursdays, October 15 - December 10, 6:30-9:00pm (skip Nov. 26)  
Golden Gate Center for Spiritual Living, 199 Greenfield Ave, Suite B, San Rafael

**Cost:** The registration fee is \$60 and an agreement to share (tithe) 10% of UNexpected income during the 8 weeks, plus the cost of the book *Spiritual Liberation* (\$26).

*The tithe money will be shared between Center for Richer Living and GGCSL.*

**Register:** Please sign up early, as there are intentions to set before the first class.

Call Sue at 415 902-1404 (email [srouda@sbcglobal.net](mailto:srouda@sbcglobal.net)),

or call Rev. Katherine at 415 381-9161 (email [KatherineQ@RicherLiving.org](mailto:KatherineQ@RicherLiving.org))

This class is solely Rev. Katherine’s interpretation of the principles from *Spiritual Liberation*.