

The Secrets of the Heart

*A Four-Tuesday Evening Class for
Awakening Inner Wisdom*

Sept. 23 – Oct. 14, 6:30-8:30 pm; Cost: \$100

Deep within, at the interface of heart and soul, there is a world of virtue waiting to be explored. Join us to consider the deeper meanings of Love, Truth, Balance, Discernment, Equanimity, and more. Each of these virtues invites us to question:

- ♥ Is my journey creative?
- ♥ Does my life hold deep meaning?
- ♥ Does courage guide my choices?
- ♥ Can I discern what is or isn't conducive to my growth?
- ♥ Do I follow my deepest longings or does my mind control my life?
- ♥ Can I recognize the still, small voice within?

A variety of exercises and awareness practices will be used to assist the journey of the mind as it opens to the wisdom of the heart. Beginning with common understandings of virtue, we will venture into the depths of living from the heart in order to enjoy a rich and meaningful life.

Linda Edge, Course Facilitator, holds a PhD in Clinical Psychology and a Masters in Violin Performance. With 37 years of exploration into the nature and development of consciousness, she is well qualified to assist the everyday unfolding of the Heart and Soul. Her psychospiritual research is published in *Journal of Transpersonal Psychology* and *Journal of Humanistic Psychology*. She has written a number of articles and brings her creative skills as a writer, musician, and psychologist into her workshops and classes.