

**What People Say about
SPIRITUALITY & PRACTICE
E-Courses and Online Retreats:**

“The readings and practice suggestions were easy to apply to everyday life. They were thought provoking and just challenging enough to facilitate small, but important changes in behavior to bring about a deeper spirituality.”
- Diana

“This course gave me a place to start each day - a grounding for my spirit and a spiritual impetus for the day.”
- Ann

“This online retreat is very user-friendly. What a great idea to bring such wonderful spiritual wisdom into homes and hearts via the Internet. The material was fresh and inspiring. I looked forward to each new lesson. This course is the answer for those who think that they don't have time for a retreat!”
- Mary Liz

“Although I have my own daily practice, I found incorporating this course enriched it tremendously. I was aware of hundreds of others all over the world focusing on the same teaching every day.”
- Mary

“Given the deeply personal nature of the material, this format helped provide the privacy and unlimited time needed to work through whatever came up.”
- Bob

“Allowed me the opportunity to share, listen and participate in the comfort of my home and in my own time.”
- Sonia

“I have grown, and it has mercifully come during a time of trial.”
- Yvonne

“This retreat has provided yet another way to deepen my relationship with God... It was wonderful!”
- Pat

“It was a rich spiritual experience that provided much to ponder in addition to daily practices that helped me to deepen my connection with God and others.”
- Beginner's Mind

“This online retreat will challenge, inspire and motivate you to expand your awareness of “how,” “when,” and “where” you encounter and experience God.”
- Paul

“The format was terrific! I liked the different activities (written, audio, video components) and the way they were paced. Best of all, I have access to the archives and can re-visit anytime.”
- Vivian

“It was an easy and gentle way to learn so much new information, and it was presented in such a focused way that I was able to incorporate my learning into my daily life. The structure was terrific! I was never over-taught, never burdened with more than I could handle easily. I found myself coming back to the passage again later in the day to reinforce the lesson.”
- Amy

And on the Practice Circle Community:

“My spiritual understanding of oneness and other faiths has broadened tremendously. I have learned a great deal from not only the course but from the many wonderful sharings through the posts every day.”
- Michelle

“It has been rather awesome to touch bases with so many like-minded individuals.”
- Jerry

“I am a spiritual director and will recommend this e-course website to most of my directees. Because I live in a remote area of Alaska, I often feel a sense of isolation in regards to my spiritual friends. It was wonderful to experience closeness with others as we journeyed together for a while.”
- Janet

“This course helped to spur a deeper spiritual awareness in me, and the Practice Circle helped to remind me that I was not alone in looking at myself or in making changes.”
-Dave

“I entered into this retreat thinking it would be about me and my experience. It very quickly became about “us” in the Practice Circle. I met some amazing people and learned more about myself in this process than I would have imagined possible.”
- Lisa

More than a Course - A Community!

www.SpiritualityandPractice.com/ECourses

**THE CENTER FOR
SPIRITUALITY
& PRACTICE**
RESOURCES FOR SPIRITUAL JOURNEYS

E-Courses and Online Retreats

Turn your email inbox into a
spiritual retreat center.

Most of us love to go on a spiritual retreat:

- to reflect upon the meaning and purpose of our lives,
 - to nurture our connection to Spirit,
 - to learn from great teachers,
 - to expand our repertoire of spiritual practices,
 - to connect with a new spiritual community.

... but we find it hard to get away.

We bring the retreats to you!

The Online Retreats are four to seven-week programs that present classic spiritual practices of the world's religions or explore key teachings of sacred texts via:

- email essays and text selections
- audio programs and video clips
- teleconferences with spiritual teachers
- access to an online Practice Circle to interact with the retreat leaders who have long worked with these practices and texts*

* Practice Circles not available for On-Demand E-Courses

The Practicing Spirituality E-Courses are 40-day retreats delivered via email. Each “lesson” consists of:

- a short reading for reflection
- a practice suggestion to be done amidst your everyday activities
- access to a private “Practice Circle” where you can share your experiences with other e-course participants from around the world*

Go to www.SpiritualityandPractice.com/ECourses for our current offerings.

223 W. Foothill Blvd., 2nd Fl. • Claremont • CA • 91711
909•447•8800

Brussat@SpiritualityandPractice.com

The Center for Spirituality & Practice is a project of CISTems, Inc., a nonprofit 501(c)(3) tax-exempt organization. The multi-faith and interspiritual Center is affiliated with the Claremont School of Theology.

S&P On-Demand E-Courses

Choose your start date and frequency (daily, three times a week, twice a week, weekly).
The lessons are delivered via email and these online retreats may also include audio recordings, video clips, online slide shows, and other materials.

Retreats on Classic Spiritual Practices Step-by-step instructions from well-known spiritual teachers on practices from the world's religions.

 Advent of the Heart	 Beyond Recovery	 Breaking Free	 Centering Prayer	 Child of Light	 Choosing to Love	 Contemplative Discernment	 Crafting Your Own Religion
 Creating a Monastery of the Heart	 Creating Sanctuary for Ourselves and Others	 Creating Your Life	 The Cry of the Prophet	 Engaging Hope	 Enough	 The Grace of Advent	
 The Grace of Lent	 The Field Guide to Solitude	 Forgiveness: A Growth in Love	 The Holy Fool	 Holy Silence	 Intercessory Prayer	 InterSpiritual Meditation	 Lean In, Lighten Up, and Let Go
 Lectio Divina	 The Liberating Promise of Mindfulness	 Living the Hours	 Lovingkindness	 Mastering the Art of Resilience	 Pausing	 Photography as a Spiritual Path	
 Practicing the Presence of God	 Praying for Justice and Peace	 Presence - Relationship with Divine Love	 Remembrance - The Spiritual Practice of Zhihr	 Releasing the Contemplative in You	 Silence and Centering Prayer	 Silence and the Spiritual Journey	 Spiritual Practices of the Gurdjieff Work
 Transformative Travel	 Trusting in Life	 Walking on Sacred Earth	 The Way of the Spiritually Independent	 Ways to Pray From Around the World	 Welcoming Prayer Consent on the Go	 Zen and Everyday Life	

Retreats on Sacred Texts Passages from sacred texts and commentaries by our teachers on living the wisdom.

 The Essence of the Qur'an	 Exploring the Psalms	 The Gospel of Thomas	 The Gospel of Thomas for Advent	 InterSpiritual Wisdom	
 The Journey of the Soul	 Poetry to Transform Your Life	 Rumi - Living a Spiritual Life	 The Spirituality of the Gospels	 The Tao te Ching as a Path	 Thomas Merton's Abiding Legacy
 The Wisdom of A Course in Miracles	 The Wisdom of Desert Fathers and Mothers	 The Wisdom of Muhammad	 Wisdom of the Rebbes	 The Wisdom Jesus	

Elder Spirituality E-Courses For elders by elders, e-courses that reframe aging. Plus practical programs on the spiritual work of this stage of life.

 Becoming a Wise Elder	 The Blessings of Aging	 Living Your Legacy	 ReStorying Your Life	 The Sage's Tao Te Ching
--	---	---	---	--

on Death, Dying, and Grief

 Learning to Accept Grief as a Lifelong Companion	 Making Peace with Death and Dying	 Sacred Presence with the Dying
---	--	---

Read more and register at:
www.SpiritualityandPractice.com/Ecourses

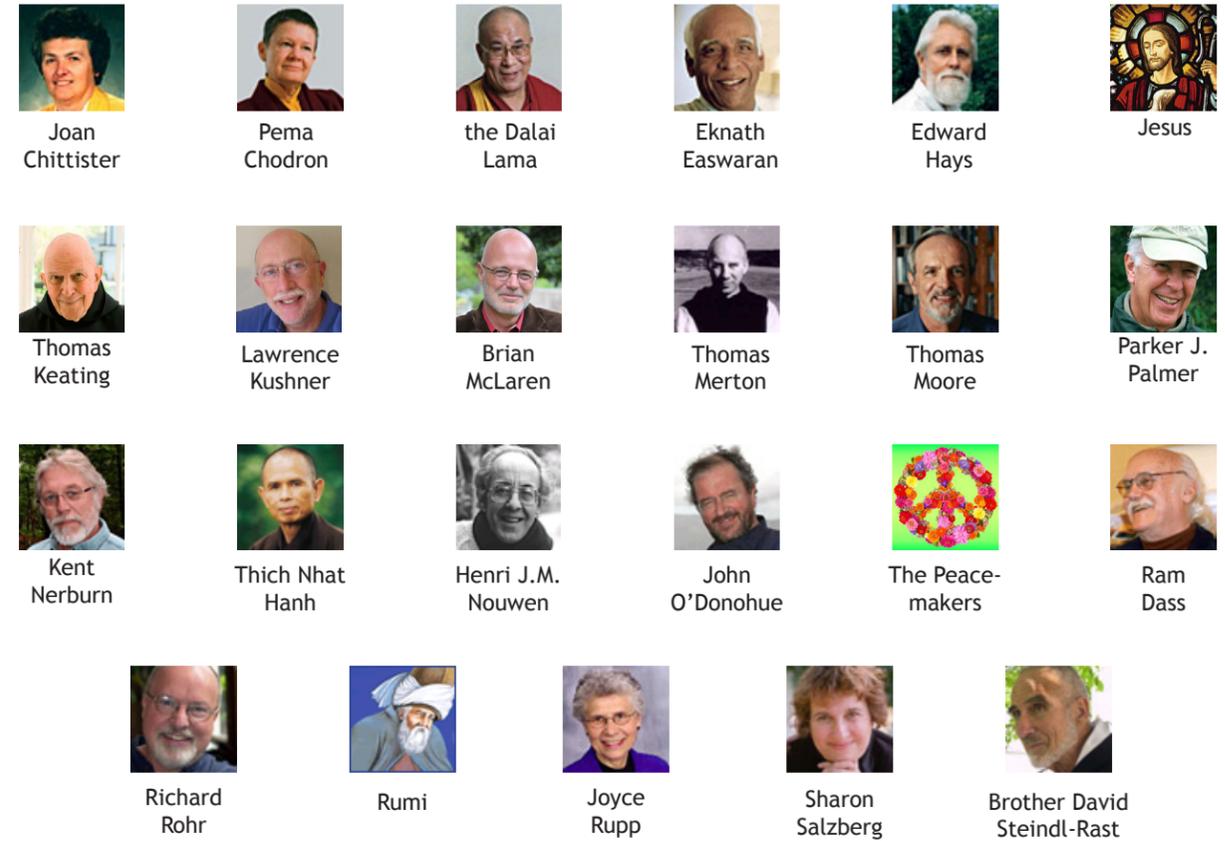
Practicing Spirituality: The Religions

40-part programs using representative excerpts from books by teachers from each tradition, each with a suggestions for how to practice the wisdom in your daily life.



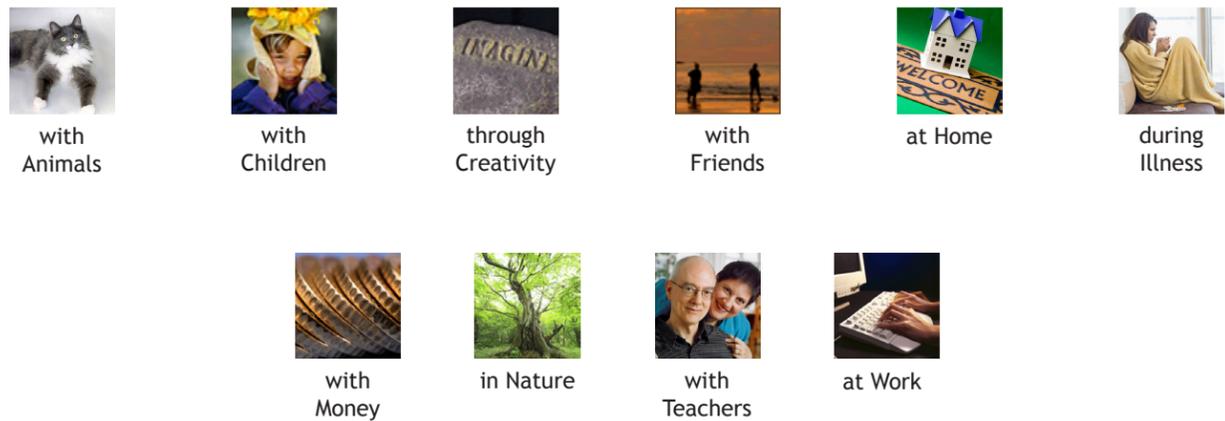
Practicing Spirituality: Master Teachers

40-part programs using excerpts from the writings of spiritual masters as the starting points for a variety of everyday spiritual practices.



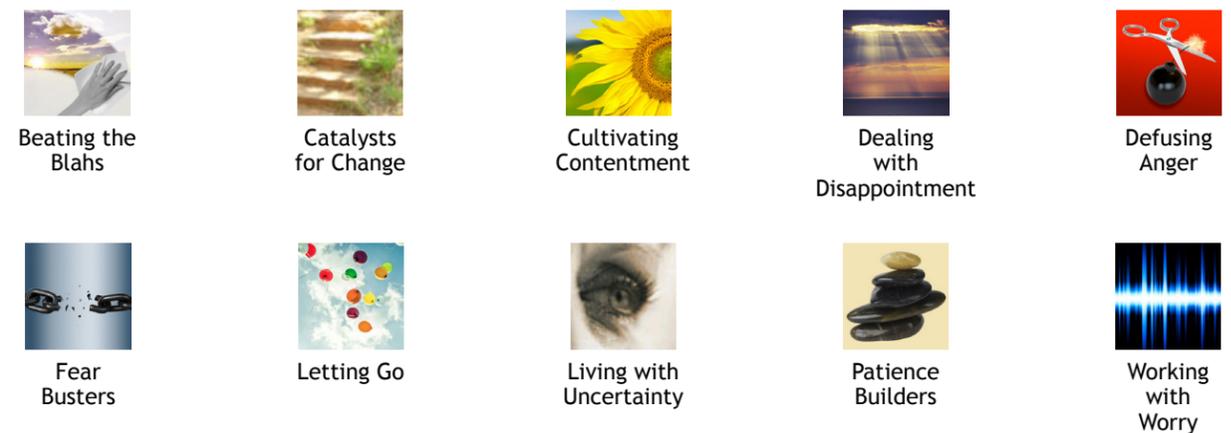
Practicing Spirituality: Places, Activities, & Relationships

40-part programs using book excerpts and practice suggestions to show how to be spiritual at home, at work, in nature, during illness, with children, and more



21- Day Programs to Break Habits

Spiritual nuggets and practice suggestions for your personal transformation. Inspired by the idea that it takes three weeks to change a habit or start a new practice.



Custom E-Courses Available

Contact Mary Ann at Brussat@SpiritualityandPractice.com about creating a Custom E-Course for your spiritual circle, church, or small group.

Sign up for all our e-course offerings at:
www.SpiritualityandPractice.com/Ecourses