



LIVING THE ESSENTIAL SELF

A GUIDEBOOK FOR DAY RETREATS

Reverend David S. Leonard and Reverend Wanda Gail Campbell

“Although the 4th year Ministerial training gave me many tools, I grew so much more spiritually through the Essential Self class which awakened my authentic ministry.”

Rev. Grace Gifford

Dear Colleagues and Friends,

2005 was one of the most powerful years of ministry at Huntsville’s Center for Conscious Living largely because of Essential Self classes. There was a strong call from our spiritual community to provide courses beyond established Science of Mind curriculum. They wanted experiential material that could expand individual consciousness. After the certified classes were completed, students wanted more. In addition, many students were discovering an authentic ministry which did not fit the 400 series pastoral model of church leadership. To respond to this need, we collaboratively created a year long class which we now joyfully offer to you.

It is our position that everyone has a ministry-it is the calling of the soul. People from all walks of life want to live authentically. This day retreat approach provides an avenue of success that allows the Essential Self to emerge while participants continue with everyday activities. These classes benefit anyone who is truly committed to personal unfolding.

There are no *advanced students*-simply colleagues desiring to become more real and to demonstrate stronger expressions of Essence in all aspects of life. We accept that we are all teachers and students with each other. Everyone, beginning with facilitators, embarks upon this year long journey by letting go of their “story” in order to step into an organic process of awakening to and trusting the process of inner guidance.

It is said that Abraham was promised three things when he made a commitment to step out on his adventure. First, he would be guided (from within). Second, he would be changed. Third, he would become a blessing. It is such a process that we offer here.

This is a progressive series which fosters an unveiling of original innocence and an awakening to the essential SELF. This clearly serves the stated vision of Religious Science International: “AWAKENING HUMANITY TO ITS SPIRITUAL MAGNIFICENCE”.

The collage on the cover symbolically summarizes completion of the series. These drawings capture the revelation of each student’s Higher Self by depicting a sense of deep soul awareness and images of organic Truth.

Because this series was such a huge success both spiritually and financially, we offer this material by popular request. As you enter into each lesson allow your visionary, spontaneous, and creative self to come alive. Use the exercises as described or modify them to fit your own unique needs. As a wise friend reminds us, *“Make a plan, but don’t plan the results. Also, know when to throw out the plan and allow the organic evolution of the organism.”*

These classes are experiential, exciting, intimate, revealing and filled with laughter and tears. Those who have completed the Essential Self series continue to step into the stream of life with new confidence as strong expressions Essential Self.

It is our heart’s desire and purest intention that this program will launch humanity on a path of Self Realization that fosters an expansion of consciousness in service to the highest purpose for all. We are confident that you will experience spiritual enrichment as you begin the journey into your unique Essential Self. With sacred reciprocity, we gratefully accept your spiritual investment of \$300 for the book/CD set and a tithe from your class income for our Essential Self Fund that supports other spiritual endeavors.

Eternal Blessings,

Reverend David Leonard & Reverend Wanda Gail Campbell

APPENDIX B

LIVING THE ESSENTIAL SELF SATURDAY SERIES OVERVIEW

Facilitated by Rev. David Leonard and Rev. Wanda Gail Campbell

Mission: To facilitate a living organism that contributes to the wholeness of humanity through individuals committed to authentic spiritual expression.

*In choosing to manifest the **ILLUMINED MIND, THE AWAKENED HEART AND THE REALIZED SOUL**, we come together for one year of classes where we will deepen our experience of transformation by constantly practicing the following intentions;*

1) Living authentically with honesty and respect for all life 2) Accepting all others as equal 3) Loving unconditionally 4) Inviting the Presence in each moment 5) Connecting in unity consciousness

"You cannot live a choiceless life."

Ernest Holmes

"We must make the choices that enable us to fulfill the deepest capacities of our real selves."

Thomas Merton

Session 1- CHOOSING TO LET GO We agree to collapse belief systems and let go of our story. We shed the old patterns that hold us back and prepare for the awakened soul.

Session 2-CHOOSING A GREATER VISION We begin with the end in mind. Responding to the guidance from the Deep we discover our Essential Self and our unique potential for expression.

Session 3-CHOOSING TO LISTEN FROM WITHIN We cultivate the language of the soul (silence) and actively listen and HEAR the wisdom that is always available.

Session 4-CHOOSING THE CONSCIOUSNESS OF PEACE We discover the peaceful presence within and activate the "still small voice" as it moves us into action.

Session 5-CHOOSING TO TRUST THE PROCESS We surrender to the ongoing flow of life as we patiently and mindfully take the next step.

Session 6-CHOOSING TO KNOW OUR ONENESS We move into clarity of our unity as individual expressions of Source.

Session 7-CHOOSING TO CLAIM OUR CREATIVE GENIUS We joyfully explore the playful nature of our Essential Self, inviting the child of wonder to be revealed.

Session 8-CHOOSING TO ABIDE IN AWARENESS We move into the field of pure awareness and harvest the wisdom inherent to us all.

Session 9-CHOOSING THE HEART OF COMPASSION We open our hearts to assist the healing of perceptions of suffering in the world and reap the blessings of this kindness.

Session 10-CHOOSING GRACEFUL PASSAGES We learn to live in a state of "grace".

Session 11-CHOOSING THE COMMITTED RELATIONSHIP We find freedom in commitment to our relationship with the Eternal Self.

Session 12-CHOOSING THE PATH OF LOVE We find ourselves on the eternal path of Love which leads the way so that the Law can make the way possible.

***Spiritual Investment*:* \$100/class or \$1000 paid in advance for the entire year/\$100 down payment due when agreement is made at completion of initial interview. *Some Scholarships are available.**