



Exploring Interspiritual Perspectives and Practices

With Char Tarashanti

Interspirituality – the sharing of ultimate experiences across traditions – is the religion of the third millennium. Interspirituality is the foundation that can prepare the way for a planet-wide enlightened culture.

The heart of the spiritual life, the enduring substance of the journey, is the refinement of our own inner landscape...that occurs through spiritual practice...Spiritual practice is the cutting edge of radical interior change.

Wayne Teasdale, The Mystic Heart

Excerpts from Wayne Teasdale's book, The Mystic Heart: Discovering a Universal Spirituality in the World's Religions will provide a springboard for discussion of interspirituality and spiritual practice. A thumbnail sketch of each spiritual tradition will provide background before participants are invited into an experiential exploration of spiritual practices from those traditions. There will be time to share your personal response to these experiences and to hear from others of theirs.

Please note that this will not be a time for debating the "rightness" or "wrongness" of any religion, spiritual tradition, or spiritual practice. Come with a curious mind, an open heart, and in a spirit of respect and appreciation for all. Wear comfortable clothing conducive to movement and sitting/lying on the floor.

It is highly recommended that participants attend all four classes if possible.

June 29: Introduction to the Interspiritual Perspective and Spiritual Practice

What is interspirituality, where did it originate, and how is it practiced?
Common elements of spiritual practice and the power of spiritual practice.

July 6: The Eastern Traditions of Hinduism, Buddhism, and Taoism

Mantra and Chanting; Mindfulness; Loving Kindness; Wu Wei; and more

July 13: The Three Abrahamic Traditions of Judaism, Christianity, and Islam

Sabbath; Lectio Divina; Centering Prayer; Silent Zikr; and more

July 27: Indigenous and Earth-based Traditions plus closing discussion

Honor the Ancestors; Attunement with Nature; Drumming & Dancing; and more



HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 281-2791
www.hermitagefarm.org

Exchange: \$20 per class or all four for \$75 For questions call Char at 507-289-0720

- Rev Char Tarashanti has been a spiritual seeker, exploring many different traditions and practices.
- She is an ordained interfaith minister through One Spirit Interfaith Seminary based in New York, NY.

All classes 7 – 9 PM at the Hermitage Farm Center for Healing,
6415 West River Road NW, Rochester MN 55901 (507) 281-2791
www.hermitagefarm.org

You may register by mailing payment to the above address. Please make checks payable to Char Tarashanti and indicate on the check memo line that it is for this class series.

NAME: _____

ADDRESS: _____

EMAIL: _____

DATES ATTENDING: _____

AMOUNT ENCLOSED: _____