

me & you

Singles

#5001 A

What's Happening in Greater K.C. for Singles?

This class is for singles who want to know about singles groups, events and activities taking place in Kansas City. Convener is publisher of "Guide to Singles Groups in Kansas City," a directory of local singles groups. Material fee includes cost of the directory and other materials.

CONVENER: Don Davidson

CLASS FEE: \$9 + \$6 material fee = \$15

Sec. A: 1 session; Tuesday, June 24; 7:00 PM - 8:55 PM;

Plaza Library, Large Room, 48th & Main, KCMO; LIMIT: 25

Relationships

#5101 A

Communication & Relationships Between the Sexes

Men and women have brains that have been programmed to operate differently. Learn to understand these differences and improve your relationships, from the bedroom to the office. Learn how to interrupt, how not to and why! Learn to celebrate our differences and enjoy the uniqueness of each other. Tape recorders are welcome. Additional books available for purchase. Please bring \$5 for materials to class.

CONVENER: Jerry White (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, July 1; 7:00 PM - 9:00 PM;

Royall Hall, Rm. 203, 52nd St. Between Rockhill and Holmes,

UMKC Campus, KCMO; LIMIT: 20

#5102 A

Appreciative Loving

Chuck will discuss the theory of Appreciative Inquiry that helps people focus on the good in others. This class is an exploration focusing on what is truly working in relationships. You have the power to teach others how you want to be treated, and to create loving relationships. Come learn how to harness that power. Chuck has a Masters in Counseling Psychology from UMKC and is also a Certified Professional Coach.

CONVENER: Chuck Franks (816-885-2526)

E-mail: chuck@innerstrengthquest.comWeb site: www.innerstrengthquest.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, July 24; 10:00 AM-12:00 PM;

Plaza Library, Large Room ; LIMIT: 25

Self-Development

#5301 A

Principles of Communication

We will be exploring the two principles of communication and the different mediums that can be used. We will also participate in a fun yet very illuminating exercise that will change the way you communicate.

CONVENER: School of Metaphysics

E-mail: somck@yahoo.comWeb site: www.som.org

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, July 16; 7:00 PM - 8:30 PM;

School of Metaphysics, 4323 Rainbow Blvd., Westwood, KS;

LIMIT: 20

#5302 A

Life, the True Diet

In this class we will go beyond what you eat and how you see your body to look at how the topics of love, imagination and forgiveness impact healthy functioning. We will also explore how you are using your energy and how to increase it.

CONVENER: School of Metaphysics

E-mail: somck@yahoo.comWeb site: www.som.org

CLASS FEE: \$9

Sec. A: 1 session; Thursday, June 5; 7:00 PM - 8:30 PM;

School of Metaphysics, 4323 Rainbow Blvd., Westwood, KS;

LIMIT: 20

#5303 A

Learn Easier/Remember Longer

By understanding how the brain stores information, you can take better notes from books or lectures and retain what you learn. Jerry will introduce you to the technique and provide a manual to help you develop it. Tape recorders are welcome. Bring \$17 for book and material fee to class.

CONVENER: Jerry White (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, June 3; 7:00 PM - 9:00 PM;

Royall Hall, Rm. 203, 52nd St. Between Rockhill and Holmes,

UMKC Campus, KCMO; LIMIT: 12

#5304 A

Purpose and Meaning in Life

This course combines the classes "Make Your Emotions Work For You Instead of Against You" and "Communication & Relationships Between the Sexes" into a comprehensive five week course to help you find purpose and meaning in life. Please bring \$20 to the first class for materials.

CONVENER: Jerry White (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$16

Sec. A: 5 sessions; Tuesdays, beginning June 10; 7:00 PM -

9:00 PM; Royall Hall, Rm. 203, 52nd St. Between Rockhill and

Holmes, UMKC Campus, KCMO; LIMIT: 12

#5305 A

Make Your Emotions Work for You Instead of Against You

Learn to take control of your emotions, using them as teachers and guides. They don't need to run you; you can run them. Tape recorders are welcome. Please bring \$2 material fee to class.

CONVENER: Jerry White (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, June 24; 7:00 PM - 9:00 PM;

Royall Hall, Rm. 203, 52nd St. Between Rockhill and Holmes,

UMKC Campus, KCMO; LIMIT: 20

#5306 A

Change Your Life By Learning to Reprogram Your Brain

Your brain is a biological computer, and you can only get out of it the programs that have been put in, mostly by others. Take over and start putting in programs that will help you achieve what you want from life. This is hands-on NLP. Tape recorders are encouraged. Bring \$25 fee for book and materials.

CONVENER: Jerry White (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$16

Sec. A: 5 sessions; Tuesdays, beginning July 15; 7:00 PM -

9:00 PM; Royall Hall, Rm. 203, 52nd St. Between Rockhill and

Holmes, UMKC Campus, KCMO; LIMIT: 20

#5307 A

Advanced Happiness (NLP)

Would you like to live in a permanent state of worth, inner peace, joy? At work? In your personal life? Come to this class and walk out living in one or more of your core states. Tape recorders welcome. \$25 material fee includes book.

CONVENER: Jerry White (816-331-4715)

E-mail: danceofflife@kc.rr.com

CLASS FEE: \$14

Sec. A: 2 sessions; Tuesdays, beginning August 19; 7:00 PM -

9:00 PM; Location to be announced, ; LIMIT: 20

Online Catalog!
www.umkc.edu/commu

#5308 A or B

"Ask and It Is Given," Abraham-Hicks

Join with other people who are interested in discussing the exciting teachings of Abraham-Hicks. These teachings are designed to help us remember our true identity as eternal creators who have come here for the joy of creating our own experience. Come to share or ask questions about a new way of accessing your own inner knowing so you create what you want and stop creating what you don't want! Barbara is a hospice social worker with a small private psychotherapy practice and enjoys studying and teaching spirituality and theology.

CONVENER: Barbara Heckathorn (816-756-2648)

E-mail: barbaraheckathorn@hotmail.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, June 7; 3:30 PM - 5:00 PM;

Sec. B: 1 session; Saturday, June 21; 3:30 PM - 5:00 PM;

MEETS: 3611 Wyoming #1, KCMO; LIMIT: 12

The greatest good
you can do for another
is not just share your riches,
but reveal to them
their own
~ Benjamin Disraeli

#5309 A or B

Innovation: How to Generate Divergent Solutions and Create the Future



Innovation involves bringing something new and valuable into the world. Come learn specific processes designed to get outside of your current box to approach a problem, situation, or opportunity in a new way, make new connections, and develop interesting solutions. James Mayfield Smith is a consultant, innovator and applied mythologist with a strong background in educational publishing, marketing and the study of personal and professional transformation. Please bring \$5 to class for materials.

CONVENER: James Mayfield Smith (816-645-2600)
E-mail: jamesmayfieldsmith@gmail.com
CLASS FEE: \$9

Sec. A: 1 session; Monday, June 2; 6:30 PM - 9:30 PM; Royall Hall, Rm. 205, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 16

Sec. B: 1 session; Tuesday, June 17; 6:30 PM - 9:30 PM; Haag Hall, Rm. 109, 52nd & Rockhill, UMKC Campus, KCMO; LIMIT: 16

#5310 A or B

Introduction to Men's Inner Work

Are you a man looking for greater meaning? Perhaps you are in transition due to a divorce or recovery, or perhaps you are outwardly successful but feel emotionally vacant or stuck in some aspect of your life. Maybe a community of authentic men focused on personal growth is just what you need. Come experience a local circle of men who meet on an ongoing basis to support and empower each other in their lives. James is a member of the Mankind Project which is an experiential, non-religious, volunteer organization of men seeking to change the world one man at a time.

CONVENER: James Mayfield-Smith (816-645-2600)
E-mail: jamesmayfieldsmith@gmail.com
Web site: personalgrowth.meetup.com
CLASS FEE: \$9

Sec. A: 1 session; Monday, July 14; 6:30 PM - 9:30 PM; 8520 73rd Terr., KCMO 64133; LIMIT: 10

Sec. B: 1 session; Thursday, July 17; 7:00 PM - 9:00 PM; 5217 England, Merriam, KS 66203; LIMIT: 10

#5311 A

Awakening to Your Purpose

NEW

What do Oprah, Eckhart Tolle, The Secret and this class have in common? The answer is people like you who are awakening to your purpose. If you want to know the difference between Joy vs. Happiness; Wisdom vs. Knowledge; Love vs. Dependence; How to Meditate at Any Moment of Any Day in Any Situation; How to Live the Purpose for Your Life and much more, then this class is for you!

CONVENER: Pamela Smith (816-206-0669)
E-mail: psmithandassoc@sbcglobal.net
CLASS FEE: \$15

Sec. A: 3 sessions; Thursdays, beginning June 12; 6:30 PM - 8:00 PM; Royall Hall, Rm. 104, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

#5312 A

Wild Woman Night Walk

Take a walk by the dark of the moon accompanied by your wild sisters. Face your fears. Experience the forest at night. We will ceremonially walk our dark path alone, claim our strength and emerge into the light of friendship among sisters. We will receive a walking stick to commemorate our journey. Women only. Bring a drum if you have one. Overnight camping optional. Call convener for details and directions. Class is at Dogwood Forest in Kansas City, Kansas.

CONVENER: Regina Compernelle (816-547-0266)
E-mail: sacredeartharts@aol.com

CLASS FEE: \$9 + \$20 material fee = \$29

Sec. A: 1 session; Saturday, August 2; 7:00 PM - 11:00 PM; Call Regina for directions.; LIMIT: 15

inner paths

Spirituality

#6001 A

Krishnamurti: The Best Class You Will Ever Take on Meditation

The most advanced teaching in the world, makes all other psycho and religious stuff unnecessary. Topics include: 1) Meditation. How it works, and why common methods of meditation should never be practiced. 2) How to stop conflict & confusion in the mind effortlessly, anytime, anywhere, without idea or control. 3) 24 hour a day meditation that does not interfere with other activity. 4) How to stop any habit without effort or idea. 5) Focus without concentration. 6) The transformation of the mind. 7) The transformation of pain into beauty. No breath focusing. No mantras. No visualization. No subconscious influence. No drugs. No cult. No authority. No abstract nonsense. No kidding. Learn the greatness of real meditation. We are not like the others. Later, we will watch a film about Krishnamurti, the 60 year career of the most unique and powerful religious teacher in the world. No imitators. No phony gurus. This time, it's the real thing. Free reading material.

CONVENER: Marcus Williamson (816-531-6155)
CLASS FEE: \$9

Sec. A: 1 session; Friday, July 25; 7:00 PM - 10:00 PM; Royall Hall, Rm. 206, 52nd St., between Rockhill Rd. & Holmes, UMKC Campus, KCMO; LIMIT: 25

#6002 A

The Spiritual Path—Heart or Mind?

Join us and look at how various religions approach to the spiritual experience and the awakening of the soul. Tape recorders are welcome. Bring \$2 material fees to class.

CONVENER: Jerry White (816-331-4715)
E-mail: danceofflife@kc.rr.com
CLASS FEE: \$9

Sec. A: 1 session; Sunday, June 8; 2:00 PM - 4:00 PM; 701 Pawnee Ln., Belton, MO, 30 minutes from midtown KC or Overland Park; LIMIT: 15

#6003 A or B

The Urantia Book

If you are interested in the really, really big picture and want to know what's going on here, this is the book. We will discuss the history of the cosmos, the local universe, local system, and planet earth (Urantia). In my opinion this book contains the best account of the life and teachings of Jesus available. First published in 1955 the book has an international following and has been translated into many languages. Barbara is a hospice social worker with a small private psychotherapy practice and enjoys studying and teaching spirituality and theology.

CONVENER: Barbara Heckathorn (816-756-2648)
E-mail: barbaraheckathorn@hotmail.com

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, June 25; 7:00 PM - 8:30 PM;

Sec. B: 1 session; Wednesday, July 9; 7:00 PM - 8:30 PM; MEETS: 3611 Wyoming #1, KCMO; LIMIT: 12

#6004 A or B

A Course in Miracles

"A Course in Miracles" is a spiritual teaching that has been spreading around the globe since the mid 70's and has been translated into more than 10 languages. It is a course in mind training that teaches "Nothing real can be threatened, nothing unreal exists. Herein lies the peace of God." Visit a group that has been meeting since 1992 which includes all levels of students. Barbara has been a student and teacher of this course since 1991, is a therapist/spiritual guide who uses the principles of this course and recently retired from a long career as a psychiatric social worker in the KC area.

CONVENER: Barbara Heckathorn (816-756-2648)
E-mail: barbaraheckathorn@hotmail.com

CLASS FEE: \$9

Sec. A: 1 session; Monday, June 9; 7:00 PM - 8:30 PM;

Sec. B: 1 session; Monday, June 16; 7:00 PM - 8:30 PM; MEETS: 3611 Wyoming #1, KCMO; LIMIT: 12