

Word and Life — Fall 2018

The Spiritual Heart: the Evolutionary Partnership of Heart/Mind Intelligence

This Fall, Word and Life is dedicating its ten-week series to exploring the theology, science, and practice of the “intelligence of the Heart.” The new fields of Physics and Neuroscience reveal that both brain and heart are seats of intelligence. When we learn to stay tuned to the heart’s system of knowing, the brain’s frequencies naturally come into sync with the heart’s, and a new state of consciousness emerges called Heart Coherence. The findings from this arena of cross-disciplinary research have given us an unexpected confirmation of biblical and spiritual assumptions about the heart and soul as the focuses of our core intelligence.

A stellar group of speakers will explore these discoveries. Equal attention will be given to the group’s experience and practice of the ideas presented. Our companion text is *Heart Intelligence: Connecting with the Intuitive Guidance of the Heart*, by Childre, Martin, Rozman, and McCraty. Tuition (\$100) includes a copy of the book and admission to all eleven sessions (two on Sept. 20 with David McArthur). Single-day sessions are \$10 each. Early registrations are welcome! Please send your check and contact information (name, phone, e-mail, and address) to:

Judith McDermott / 3731-2 Gregory Way / Santa Barbara, CA 93105

For more information about Word and Life: our purpose and history, directions to the venue, and previous and current audio recordings, please visit our website www.wordandlife.us.

Date / Week (color group)	TOPICS, Recommended readings	PRESENTER
Sep. 6 /wk 1 (red)	The Biology of Transcendence ; the bio-spiritual groundwork for the series; the evolution and anatomy of human intelligence	Patricia McClure, MA. Series Leader
Sep. 13 /wk 2 (purple)	The Heart in Christianity and in various other traditions. Read <i>Heart Intelligence</i> (Ch. 1)	Rev. Aimee Eyer-Delavette , Rector, All Saints-by-the-Sea
Sep. 20 /wk 3 10-12 & 1-4 pm. (yellow)	Attributes of Heart IQ , the Intuitive Heart, Heart Coherence (Read Ch. 2, 3, 4)	David McArthur , Author, <i>Your Spiritual Heart . . .</i>
Sep. 27 /wk 4 (blue)	HeartMath Practicum ; biofeedback experiences; focusing	Melinda Dewey , HeartMath Trainer
Oct. 4 /wk 5 (orange)	The Social and Global Power of Heart Coherence (Read Ch. 5 & 6)	Georgia Noble , local Parker Palmer Trainer
Oct. 11 /wk 6 (brown)	Heart Coherence and the gift of Pentecost, wk 6-8. Direct Knowing; Communicating with the Spirit (Read Ch. 7)	Catherine Weissenberg, MA , Communication Facilitator. Jocelyn McIvers , Attorney
Oct. 18 /wk 7 (green)	Holding the Frequency of Love (Refer to Ch. 7)	Alice MacDonald, MA. W & L's Coordinator Emerita
Oct. 25 /wk 8 (black)	Healing, Coherence, and Wholeness (Refer to Ch. 7)	All Saints/Trinity Spiritual Healing Ministry crew
Nov. 1 /wk 9 (white)	Heart-Based Living. (Read Ch. 8, 9, 10, & 11)	Suzanne Retzinger, Ph.D, MFT. Counselor with Hospice of S. B.
Nov. 8 /wk 10 (pink)	Compassion & Gratitude: a road map to Heart Coherence	Fr. Jim Clarke , Director of Evangelization Archdiocese of LA

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Word & Life meets Thursday mornings, 10 am - noon, at the **First Presbyterian Church**, 21 E Constance Ave, Santa Barbara, CA 93105. Visit us at www.wordandlife.us