

Are you ready?



- To live life from a more grounded spiritual foundation?
- To be able to face challenges with a deeper sense of wholeness and connection?
- To learn spiritual and heart centered practices?
- To start seeing life as an adventure in self-mastery?

The ICAT Institute for Conscious Awareness and Transformation at Center for Spiritual Living Morristown welcomes you to an exciting adventure in growth and development in every area of your life – personal, business and spiritual. You are invited to deepen your personal growth and spiritual exploration through our courses and programs.



"The Science of Mind is the study of Life and the nature of the laws of thought; the conception that we live in a spiritual universe; that God is in, through, around and for us. There is nothing supernatural anywhere, on any plane; that which today seems supernatural, after it is understood will be found spontaneously natural."

*The Science of Mind Textbook
Dr. Ernest Holmes, (page 75).*



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Purpose

- To offer accredited and non-accredited Science of Mind classes and programs that teach universal spiritual principles that facilitate growth, healing and transformation.
- To offer coursework for practitioner and minister studies.
- To offer a variety of classes, workshops and programs for our spiritual community and the community at large

Our classes help you expand your knowledge of spiritual principles and give you practical spiritual tools for everyday life. While learning about the Science of Mind and how to apply it, you will meet and get to know other people and experience a supportive spiritual community. Our Minister/Spiritual Director and experienced practitioners love to teach and share the power that this wisdom has to change lives. Classes combine experiential exercises with an explanation of Spiritual Laws. They are designed to inspire a deeper understanding and ability to apply these principles to all areas of your life. Programs about other spiritual and healing modalities are offered.

Courses

- ⇒ Successful Living – Demonstrating Prosperity
- ⇒ Foundations of the Science of Mind
- ⇒ Building a Healing Consciousness
- ⇒ 7 Spiritual Practices – Spiritual Mind Treatment, Meditation, Visioning
- ⇒ What the Mystics Have Taught Us
- ⇒ Metaphysical Bible Studies



Other offerings

Weekly Celebration services
Spiritual Conversation Group
Spiritual Book Group
Crystal Bowl Healing
Spiritual Cinema
Meditation
Qigong
Yoga



Testimonials

"This class was a gift. Devoting 12 weeks to delving deeper into spiritual practice was a gift."

-Anonymous



"Through taking this 12-week course, I have transformed. My thoughts and worldview are so new, I can see

more of myself in others and am able to thank God for what I now have instead of asking for what I do not have."

-Grayson Nierenberg

"Taking classes expands my sense of community with others in the Center and allows me to grow in ways too numerous to name. I recommend taking classes to make friends and know yourself better, as well as to understand the teaching and how to use it in your life. Rev. Frankie is always an inspiration and a blessing."

-Lori Carlson