

The Institute for Spiritual Development Oneonta Presents: **The Power Prayer Toolbox Series**

The ISD Faculty join forces to explore the power of prayer. Science has shown that prayer is effective, but how do we start a practice? What words, what attitudes actually work? Please join us in Zoom Class on 2nd & 4th Sundays, and pick what to add to your spiritual garden. *Register for one for \$25, or \$20 for ISD Members, or for the Entire Series at a discounted rate of \$135 for all six sessions or \$108 for ISD Members.* Zoom link sent when you register.

Date/Time	Class Title	Instructor
Feb. 14, 2021 10am-12noon Register here to get Discounted Advance Rate for Whole Series	Everyday Prayer: Overcoming Obstacles to Prayer Does the thought of praying overwhelm you? Do you not know where to begin or what words to use? Do you find yourself only reaching to prayer when you need something? In this class we will discuss some of common misunderstandings about prayer and we will look at how prayer can fit into your life and be an oasis of love in a chaotic world.	Renee Ranke; Ministerial Cleric
Feb. 28, 2021 10am-12noon Register here to get Discounted Advance Rate for Whole Series	"The Science & Practices from World Religions" Join us as we explore the scientific work of Larry Dossey and others on the effectiveness of prayer, chanting, and forgiveness, and learn different ways to pray from world religions. We will practice a prayer technique for balancing & calm in the world & take home prayers for our use.	Rev. Diana Friedell, Pastor; JoAnn Wormuth, Healing Director
March 14th, 2021 10am-12noon	"Telepathy, the Superpower behind Prayer" Prayer. Our spiritual "radio". By tuning into our own spiritual line, dialing in through our telepathic connection; we can actively use our innate spiritual superpower. We can send and receive guidance and peace for ourselves, our loved ones, and our world/group mind.	Rev. Story Lucile Ducey, Medium
March 28th, 2021 10am-12noon	"Unlocking the Power of Ho'oponopono" - The magic of Hawaiian cosmology brought forward for completely clearing, aligning and divinely blessing whatever unsettles our being. Used in a long form or short, this simple technique for restoring the highest living can be done for oneself, for others or both. Come join us, as we explore, share and pray our way to a brighter, lighter self.	Kimberly Winsor,, Polarity Therapist, LMT
April 11th, 2021 10am-12noon	"Jesus and the Lost Goddess" - Dive into a lively book club session, about "Jesus and the Lost Goddess", a book about the eradication of the Christian Goddess by the patriarchal Roman church, which left us as motherless children. The wisdom of the Goddess can be sought in prayer and through our daily thoughts and intentions to strengthen both the divine feminine & divine masculine aspects of ourselves for true union within & without.	Amanda Hoover, Co-Director, School Administrator
April 25th, 2021 12 noon-2 pm Darling Hill Farm, Westford	Experience a Vedic Indian Fire Ceremony on the Full Moon. Fire is used in all Spiritual Traditions to magnify prayer. Along with singing and chanting these higher vibrations call our Spirits, our Ancestors, our Guides. Presented in Sanskrit and English.	Yogi Tapash