

Jesus Through the Path of the Heart

*Join us in an exploration of the teachings of Jesus,
as heard through the heart of Universal Sufism.*

Kensington Community Church

4773 Marlborough Drive, San Diego

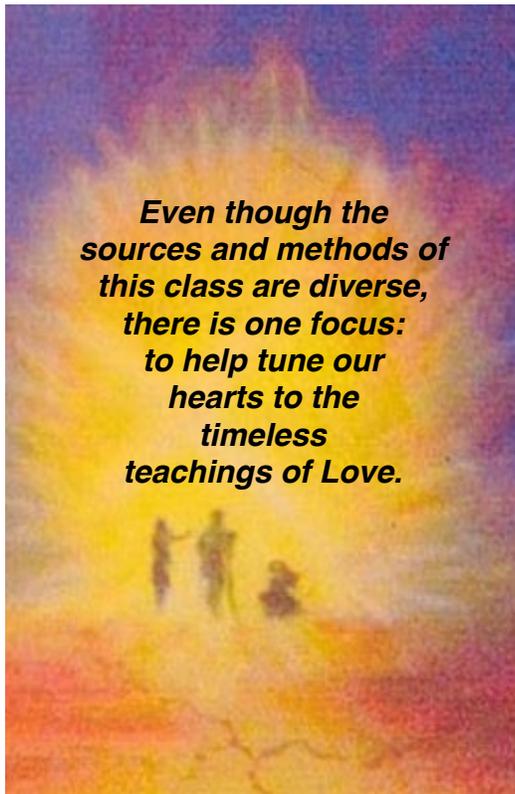
music by Tom Warner

Louise Jacobus, Facilitator

Six Wednesdays 6:30 pm - 8:30 pm

Sept 30 - Nov 18, 2015

(No class Oct 14. No class Nov 11.)



For more about Class Format,
Facilitator, and Musician, see reverse
side. Or call/text Louise at
619-415-3568

We will use **music, poetry, dance, lecture, and song** to explore the teachings of Jesus - not as belief structures - but as living guides for awakening and embodying Love in our lives.

**This class is for all people
who are curious about Jesus as a
teacher of spiritual awakening.**

You are welcome....

...if you have been wounded by
organized religion and yet still want to
understand what Jesus came to teach....

...if you are comfortable in your
church home, but want to add more
embodied and experiential practices to your
spiritual life....

...if you have never felt comfortable in
traditional Christianity, but are looking for a
joyful and life-giving way to connect with the
wisdom of Jesus' teachings....

All are welcome!

DONATION: In the spirit of giving and receiving from the heart, a donation basket will be available at each class. All donations will benefit a local non-profit organization, assisting in the recovery of survivors of human trafficking.

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Class format:

Sufism has been called the Path of Love, the Path of the Heart, the essence of religion. Each class will be a rich blend of **experiential** activities interspersed with **lecture**, **readings** and **poetry**. We will begin each evening with a short **meditation** using Names of the Divine that Jesus might have used. The **topic for each class** will be introduced using the **words of Jesus** in English translation and also sometimes in the **Aramaic** that he spoke. We will then do one of the **Dances of Universal Peace** or share a **song** that embodies this teaching to help bring deeper understanding in an experiential way.

No experience with dance is needed to participate in Dances of Universal Peace. Everything needed will be taught before we begin. The Dances are simple, gentle, and easy to learn circle dances. For people who do not want to participate in the dances, it will be fine to just watch. (<http://dancesofuniversalpeace.org/invitation-to-dances-of-universal-peace.htm>)

Throughout each evening, there will be **poetry** - including the poetry of **Rumi** - and the **writings of Sufi teachers** - both ancient and modern - that illuminate the teachings of Jesus from a universal heart-centered perspective. Each session will conclude with another **Dance of Universal Peace** that also reflects the topic of the evening to help integrate, deepen and embody the teachings.

Even though the sources and methods of this class are diverse, there is one focus: to help tune our hearts to the timeless teachings of Love.

About the Musician:

Tom Warner is a life-long musician of over 40 years and currently leads Pilgrimage of the Heart's Kirtan ensemble. Tom finds great joy in playing music to support the spiritual growth and devotion of people singing and chanting with him. He is the father of two amazing children, Maddy and Eddie. Tom is a regular attendee of Kensington Community Church.

About the facilitator:

Louise Jacobus has been a student of Universal Sufism since 1975. She is a teacher in the Sufi Ruhaniat International, one of the Sufi Orders in the lineage of Hazrat Inayat Khan (ruhaniat.org). She is a certified leader of Dances of Universal Peace (dancesofuniversalpeace.org) and she is the spiritual director of One Sun San Diego Sufi Circle (onesunsandiego.com), a local affiliate of Sufi Ruhaniat International. Louise is a member of Kensington Community Church.

After being raised in the Christian tradition, Louise had a deep appreciation of the Love and Light of Jesus, but found her childhood church did not support her search for deeper spiritual growth. She spent a number of years exploring other spiritual paths, especially the teachings from India, and she lived in a yoga ashram in the United States for a year, teaching Integral Yoga full time. During that time, she also began to explore the Christian mystics and the Buddhist teachings. When she found Universal Sufism, it was like coming home to a path that integrated all she loved, and provided a guide for going further.

Louise has also developed a deep understanding of the psychological side of human nature through her work as a therapist. She is a Licensed Marriage Family Therapist in private practice in San Diego. Louise has great love for the wisdom traditions of the world and for the richness these ancient teachings can bring to our busy modern lives.