

What is Soul Seekers?

Soul Seekers is an independent spirituality consultancy run by **Mandy Harvey** offering **short-courses** and **spiritual direction** to anyone wishing to grow spiritually through the **Christian contemplative tradition**. **Soul Seekers** uses and encourages contemplative principles based around silence, meditation and reflective practices.

Mandy is an ordained Deacon within the Uniting Church, a Spiritual Care Chaplain in an SA public hospital, and a qualified Spiritual Director. She holds a BA Humanities degree from the UK, a Graduate Certificate in Ministry from the Adelaide College of Divinity and a Master in Theological Studies from Flinders University. She is also a home-based Life Professed Sister of a Monastic Community.



Why Soul Seekers?

Soul Seekers is particularly aware of and open to those who are wary of 'church' but would still like to explore their spiritual life within a broadly Christian context. **Soul Seekers** is rooted within the Christian tradition but is respectful of the wisdom of other faiths and ways of being.

Soul Seekers is independent, and as such is paid for only by you, the user of this service. So, whether you are a spiritual seeker, an ex-churchgoer, or a church person, you are welcome to explore, with no strings attached!



SOUL SEEKERS

Contemplative Teaching
& Spiritual Direction

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**How to Grow
Your Spiritual Life
And Why Bother**

**A 6-week introductory
short-course
for the church wary
and
the religiously 'over it'**

What is 'How to Grow Your Spiritual Life and Why Bother'?



How to Grow Your Spiritual Life and Why Bother is a 6-session introductory short course aimed at people who wish to explore the foundations of a nourishing spiritual life within a broadly Christian framework. The contemplative tradition has expression in all the world's major religions and spiritualities and uses silence and meditative practices to aid life-long spiritual growth. This course takes spiritual ideas from both Eastern and Western expressions of the Christian contemplative tradition and, with a twist of modern psychology, aims to support a rich spiritual life that begins within us but reaches out in love to those around us and our world.

What you'll learn

How to Grow Your Spiritual Life and Why Bother asks questions and introduces a number of practices and spiritual concepts including:-

- ***Why bother*** with a spiritual life?
- ***Religion & Spirituality*** – what's worth keeping?
- ***Silence, Solitude*** & the role of spiritual practice
- ***Self-knowledge*** – the importance of knowing our hearts
- ***Spiritual Community*** – what's helpful and what's not?
- ***Putting it all together*** – consolidating and growing our own regular practice



When and Where?

**Coromandel Community Centre
442b Main Road,
Coromandel Valley**



**The Course runs for 6 weeks from:-
Fri 9th February to
Friday 15th March 2024
10.15-11.45am
Cost per person: \$80***

**For further info and bookings check out the Soul Seekers website at
www.soulseekers.com.au**

or email:

enquiries.soulseekers@gmail.com

***It is intended that all courses be affordable, but If cost is an issue, please get in touch.**