

## ***YOU ARE INVITED TO EXPLORE:***

# **Practical Wisdom for Everyday Life**

*There's nothing more practical than understanding more about what is true. Like a good map, it makes it easier to get where we want to go.*

*Wisdom is true knowledge put to good use. This series of presentations/discussions is an opportunity to build on gems of wisdom from life experiences and explore new ones.*

### **What's True About Being Human?**

There's something inside us that gets us through the long days and the hard nights. It involves the dignity, power, responsibility and irreplaceable uniqueness of each person. There's an inner knowing we can follow as each of us unfolds our gifts, talents, purpose. There's a moral compass in our hearts that guides us in discerning what's true, fair and kind. Each of us can receive intuition, inspiration, the vision that opens up new possibilities. Much is possible when we set our will and intentions on a course of action... Come and take a new look at being human.

**Thurs., 3/13 2025, 10 - 11:30 am**

### **What We Focus on Grows**

The simplest of truths has an amazing power to reveal a path through the maze. What is possible expands when we build on all that is good, strong and beautiful in ourselves and others. This class will touch on the power each person has to take action in life. In a series of exercises, participants will be invited to reflect privately on the wisdom they've gained as they met life's challenges, the strengths and gifts they have and possibilities they see for the future.

**Thurs., 3/27/2025, 10 - 11:30 am**

## The Joy of Listening

Listening is a way to respect the dignity and inherent worth of each person. Being willing and open to receive the meaning in the words of a stranger, friend, family member or someone we disagree with is work. This class will explore the many processes involved in fully listening to others. Much joy can be found as our hearts set aside opinions, judgements and making a reply, as we listen without interruption to a unique human being.

**Thurs., 4/3/2025, 10 - 11:30 am**

## Caring-with People

What is the nature of caring in many different kinds of relationships? What helps us sustain ourselves as we give from our hearts? Come and explore: the dignity, power and responsibility of every human being; principles that provide a roadmap for harmonious living; and the paradigm shift of *caring-with* others.

**Thurs., 4/10/2025, 10 - 11:30 am**

**Instructor:** Loretta Ulmschneider, C.P.K.,

**Practice of Kinlein** for 40 yrs., assisting clients as they build on all that is good, strong and beautiful within them

**Faculty member** of the Institute of Kinlein

**Coauthor** of *A New View of Being Human and Caring-With, Textbook of the Practice of Kinlein*