



INSTITUTE FOR SPIRITUAL DEVELOPMENT

# CLASSES

# 2024 FALL PROGRAMS

# DESCRIPTIONS

Please Visit the ISD Calendar at [ISDONEONTA.ORG](http://ISDONEONTA.ORG) for Up To Date CLASS INFO

## FROM SURVIVING TO THRIVING IN TRANSITIONAL TIMES

How do we find inner peace, in chaotic times of change? Join us at ISD Oneonta for a series exploring helpful tools from various traditions for riding the waves of change & rising above the chaos in times of transition. We will explore practices of Prayer/Meditation, telepathy, intuition, faith & more.

**Sun 9/15: "Sacred Fire Ceremony"**  
Noon with **Rev. Maggie Kilbride**  
At Lotus Center

Join Maggie Kilbride for the grand opening of our Surviving Series with a Fire Ceremony. Fire amplifies prayer and intentions. Through singing and chanting, we invoke higher vibrations to call in our Spirits, Ancestors, and Guides.. **Free - Donations Accepted**

**Sat 9/28: "Navigating Annoyance & Triggers"** with **Jaya Buckland & Connie Lull**  
10am-1pm  
On ZOOM & In Person

Identifying disruptive energetic patterns that created stress; tools to lower anxiety.  
**\$46 General Tuition \$37 ISD Members**

**Thurs 10/03 "Meditation & Mindfulness"**  
5:30pm-7pm with **Jaya Buckland**  
On ZOOM

Develop inner peace and awareness with Jaya. Through guided meditation and mindfulness techniques, you'll learn to focus your mind, reduce stress, and cultivate a deeper sense of presence in everyday life. Suitable for all levels.  
**\$33 General Tuition \$26 ISD Members**

**"Clearing Effects of Electromagnetic Radiation"**  
**Thurs 10/10** with **Kimberly Winsor:**  
5:30pm-7pm  
On ZOOM

Improve health, vitality and longevity by clearing the body of negative imprints and physical effects of Electromagnetic and Geopathic Stresses and Radiation. Doable remedies and suggestions to cover varying degrees of need, with the goal of gently returning us to our pristine bodies.  
**\$33 General Tuition \$26 ISD Members**

**Thurs 10/17 & 10/24 "A Course in Miracles"**  
with **Alice Yeager & Fred Hawker**  
5:30pm-7pm  
On ZOOM

This remarkable course of study published by the Foundation for Inner Peace has helped millions find greater inner peace and experience more miracles in their lives. Lecture, Discussion & Meditation  
**\$33 General Tuition \$26 ISD Members Per Class**

**Thurs 11/07 "Telepathy & Prayer"**  
5:30pm-7pm with **Story Ducey:**  
On ZOOM

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.  
**\$33 General Tuition \$26 ISD Members**

**"Proof and Practices of Prayer"**  
**Thurs 11/14** with **Diana Friedell & JoAnn Wormuth**  
5:30pm-7pm  
On ZOOM

Scientific proof from Larry Dossey & others, of the efficacy of prayer, chanting, and forgiveness & understanding diverse ways to pray.  
**\$33 General Tuition \$26 ISD Members**

**"Pendulum for Life Guidance"**  
**Thurs 11/21** with **Elke Saal**  
5:30pm-7pm  
On ZOOM

Dowsing with a pendulum, is one of the oldest forms of divination. It allows you to tune in to subtle universal energies for guidance. Elke brings you closer to your pendulum with a greater understanding of how it best works for you.  
**\$33 General Tuition \$26 ISD Memebers**



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This List of Classes & Events is Still Evolving! Please Visit Our Website [isdoneonta.org](http://isdoneonta.org) for the most up to date info.