

LOVE UNIVERSITY Presents!

By Steve VeGodsky

Spark the spirit, move the mind, beautify the body,
heal the heart.

These are the aspirations of Love University, a consciousness-raising adult education program offered by Unity Church in Charlottesville (UCIC). The range of topics for the two-hour workshops? Life coaching. Pilates. Green living. The healing power of sound. The interrelation of sexual ecstasy and spiritual enlightenment.... Caught your interest yet? Guest teachers from the community will share knowledge of Qabalah and Tarot, the Enneagram, non-violent communication skills, chi gong, dance and movement therapy, Feldenkreis and, led by UCIC's own Reverend Patricia Lansky, the power of prayer, meditation and affirmations.

Love University (affectionately known as Love U) hopes you find its curriculum more than informational -- we hope it's potentially transformational! These inspired classes reflect UCIC's dedication to sharing its resources with the whole Charlottesville community. Love U classes are held at Unity Church on Hydraulic Road (just north of Albemarle High School), and are offered on a donation basis.

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Here's the line-up through the end of May:

Thursday, April 19th, 7-9 p.m.

**Lead A Life You Love/ Love The Life You Lead -- An
Introduction To Life Training**

With Bev Wann

M.Ed. in Counseling, Certified Co-Active Coach, Nia
Instructor and Leadership Development Consultant

Please read the feature article for this class on page
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Thursday, April 26, 7-9 p.m

**Understanding And Applying The Enneagram For Spiritual
Development**

With David B. Reid

The Enneagram is a personality typology tool that offers clear and accurate information about ourselves and others who are important in our lives. The insights provided by the Enneagram can change lives in ways that most people never imagined. Unlike most personality tests that measure levels of psychopathology and ultimately compartmentalize people into discrete categories (e.g., antisocial, borderline), the Enneagram's primary intent is to provide information that will lead to enhanced emotional, psychological, and spiritual well-being.

David B. Reid, Psy.D., is a licensed clinical psychologist and psychotherapist and Adjunct Clinical Professor in the Department of Health Sciences at the James Madison University.

Thursday, May 3, 7-9 p.m.

The Yoga of Sound

With Jim Gagnon

Jim invites you to take a healing journey into the world of sound and vibration using didgeridoo, Native American flutes, drums and voice. This fun and easy

class aspires to enhance creativity and healing and to provide a deeper appreciation of sound and music in daily life. No musical expertise is required. Jim is a musician who has produced four CD's (www.dreamtimeproject.com), a sound therapist, instrument builder, musical instrument teacher, shaman and healer.

Thursday, May 17, 7-9 p.m.

Sexual Ecstasy and Spiritual Enlightenment

With Don & Jane Lewis

Understanding the relationships between religion, spirituality and sexual behavior can provide us with powerful tools to enhance our happiness and examine our own lives for signs of dissonance. Sexual ecstasy can be seen as a form of meditation and revelation, and as a path to God for Westerners. We'll examine seven beliefs about God and how they affect our sexuality. Other topics covered will include sexual arousal states, quick working definitions of romantic, erotic and pornographic art, and types of meditation.

Both Don and Jane are certified clinical sexologists, ordained Baptist pastors and black belts in Waboku Jujitsu. Being not only two of about 20 seminary-trained and ordained pastors who are also board-certified sex therapists, but also a husband-and-wife team, gives them a unique perspective on the issues of religion, spirituality, and sexuality.