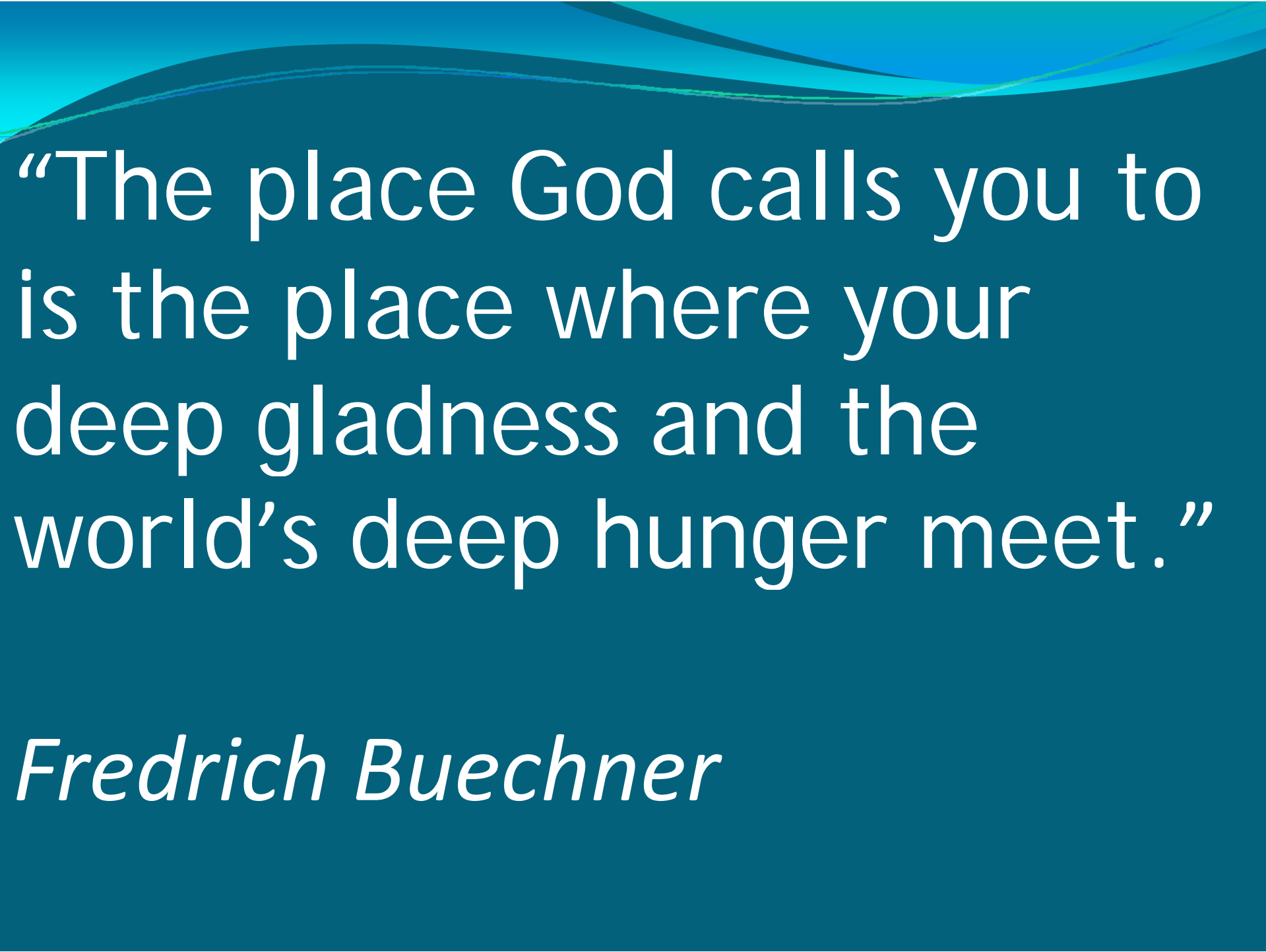


A silhouette of a person sitting on a tree branch, looking out over a body of water at sunset. The sky is a mix of orange, yellow, and blue. The person is sitting on a thick branch, with their legs hanging down. The background shows a calm body of water and a distant shoreline with some trees.

"Their strength is to sit still."

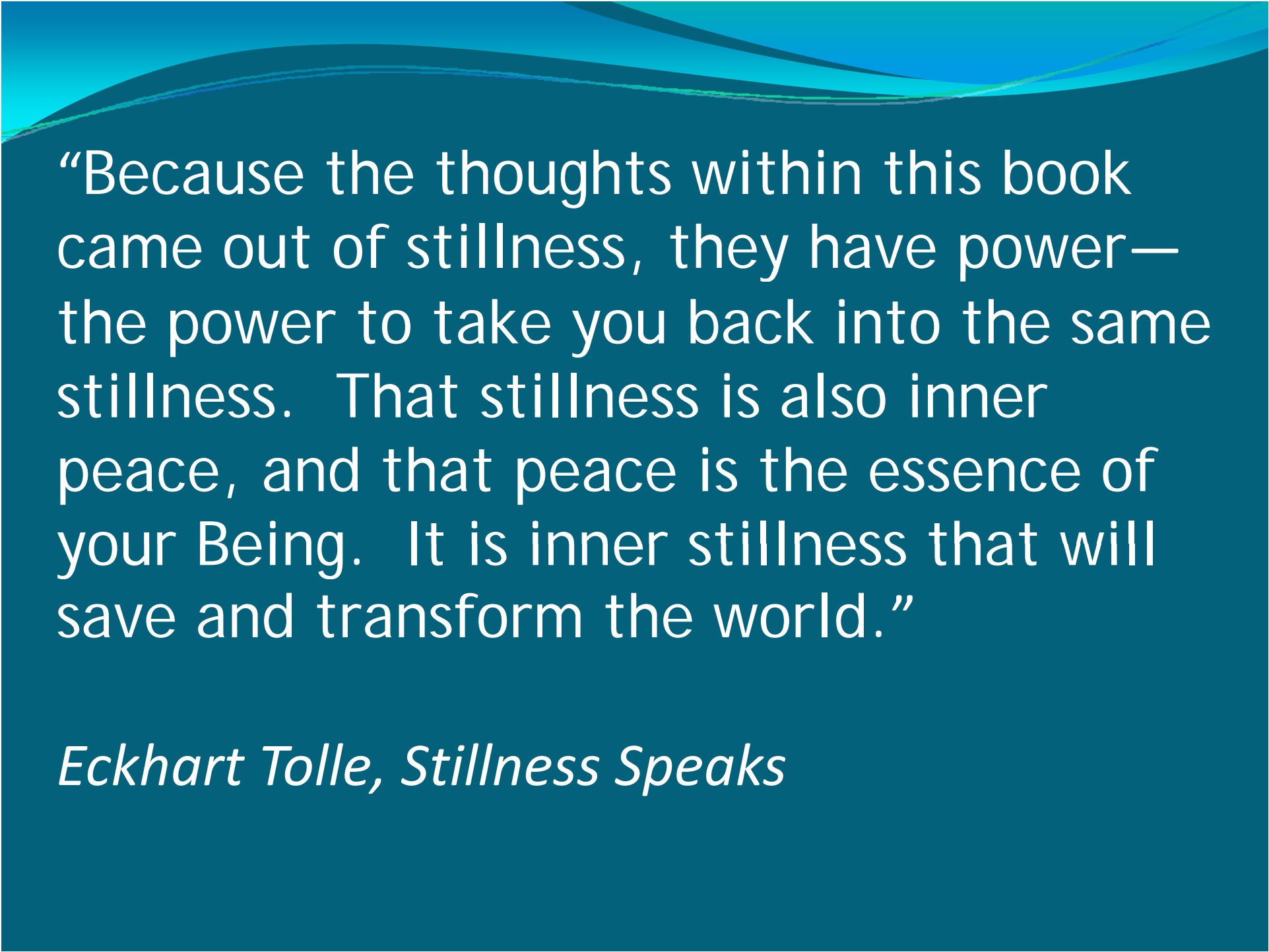
Isaiah 30:7





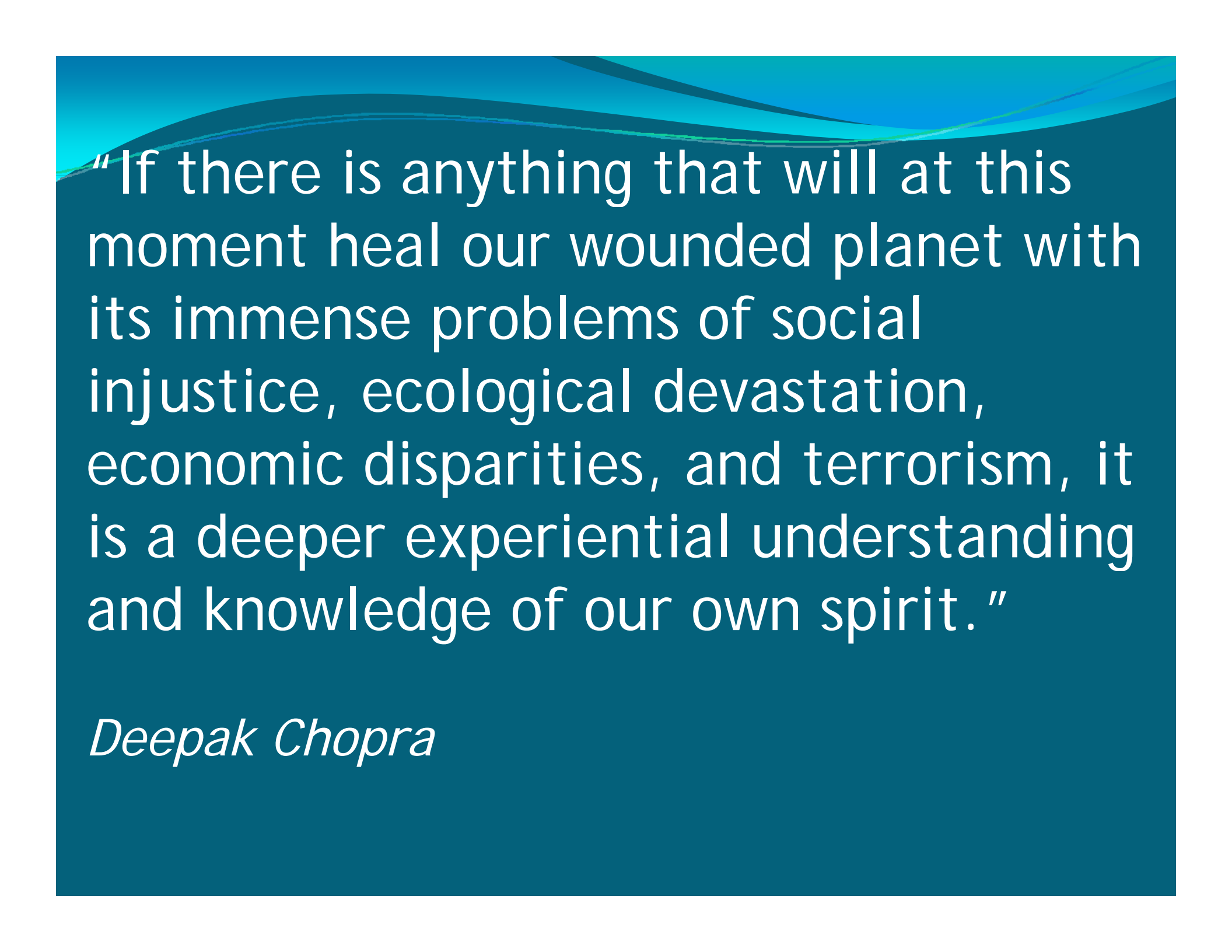
“The place God calls you to
is the place where your
deep gladness and the
world’s deep hunger meet.”

Fredrich Buechner

The background is a solid dark blue color. At the top, there are several wavy, horizontal lines in lighter shades of blue and teal, creating a sense of movement or a horizon line. The text is centered in the lower two-thirds of the image.

“Because the thoughts within this book came out of stillness, they have power—the power to take you back into the same stillness. That stillness is also inner peace, and that peace is the essence of your Being. It is inner stillness that will save and transform the world.”

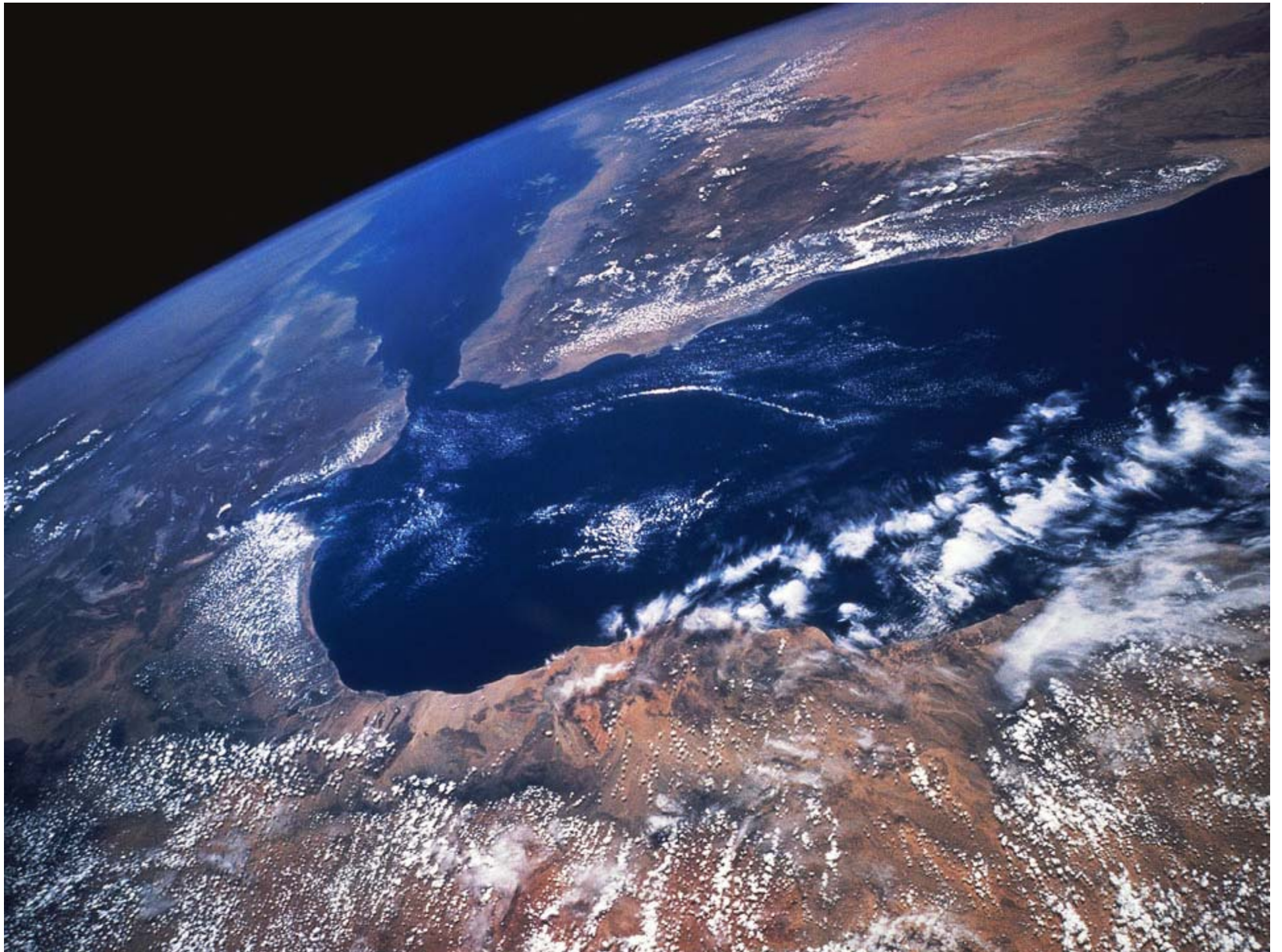
Eckhart Tolle, Stillness Speaks

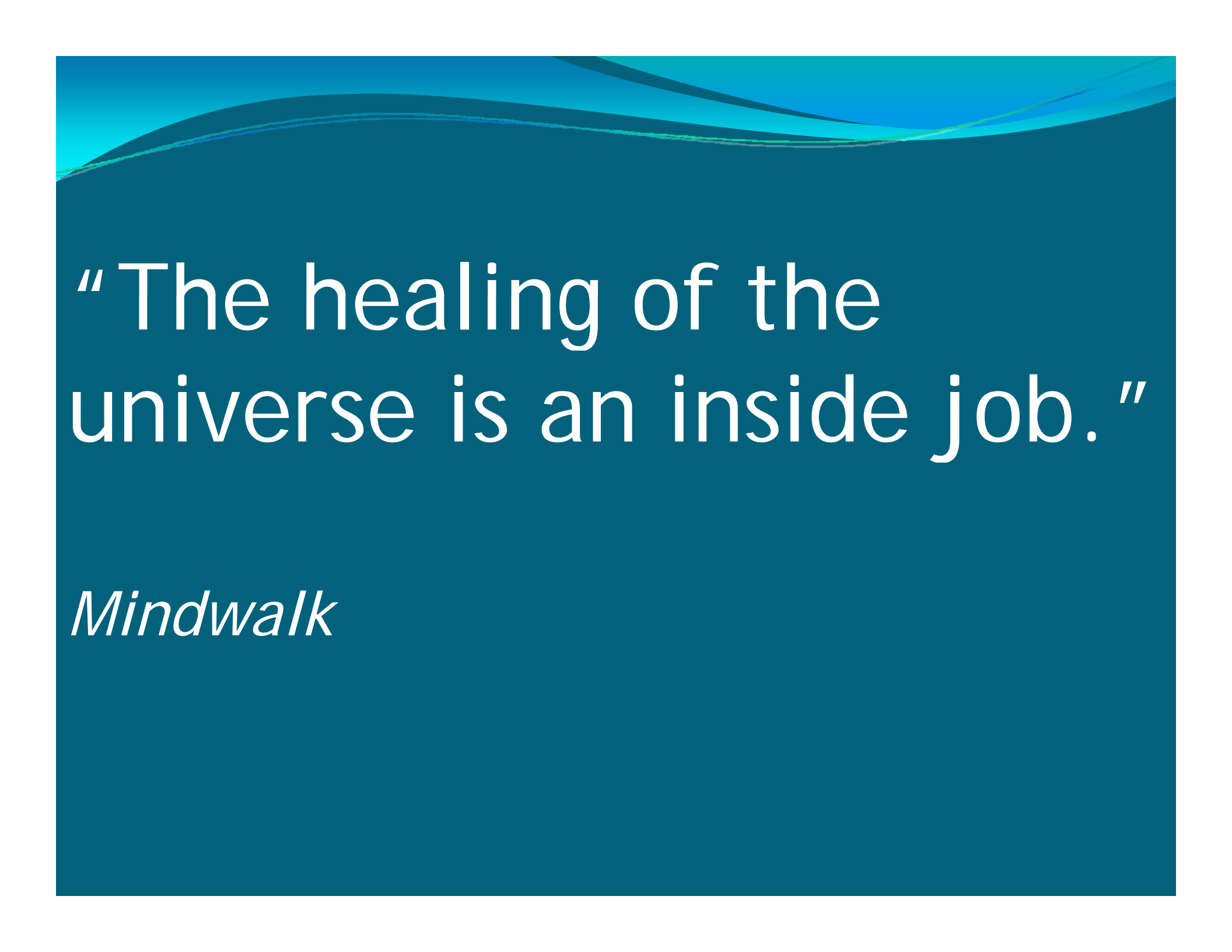


"If there is anything that will at this moment heal our wounded planet with its immense problems of social injustice, ecological devastation, economic disparities, and terrorism, it is a deeper experiential understanding and knowledge of our own spirit."

Deepak Chopra






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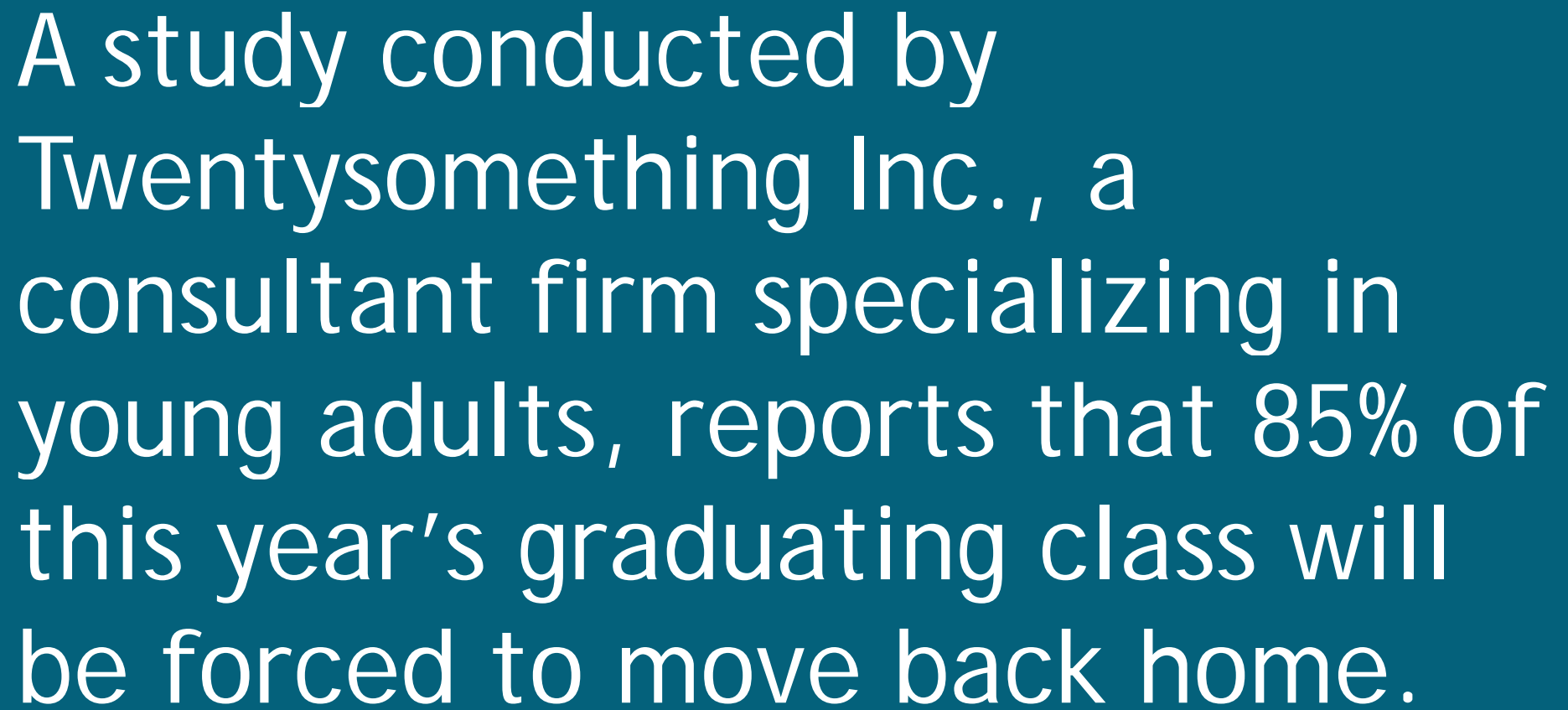
“The healing of the
universe is an inside job.”

Mindwalk

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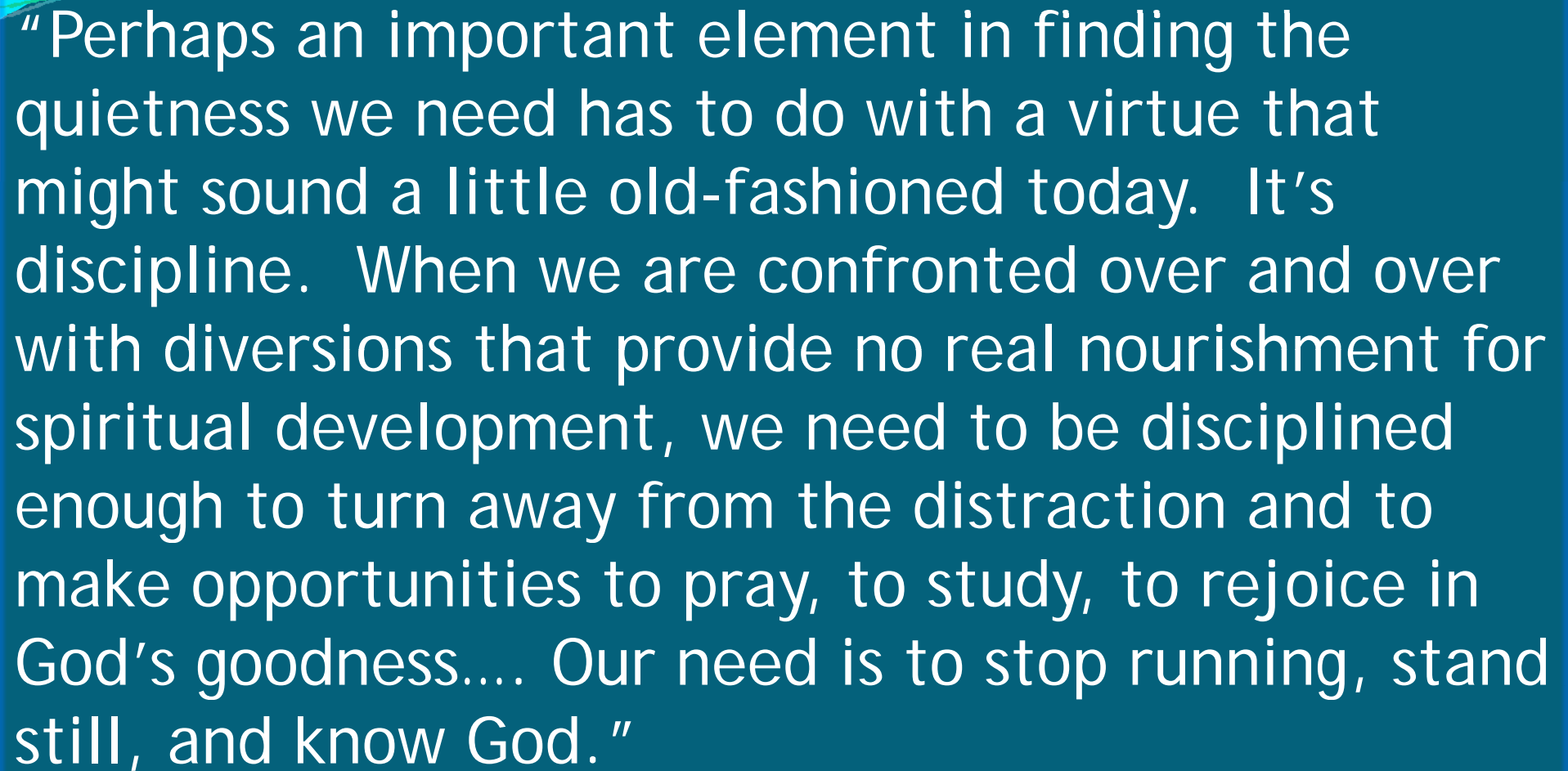
“Every two days we create five exabytes of data. That is as much information as we created from the dawn of civilization up until 2003.”

Eric Schmidt, Google CEO

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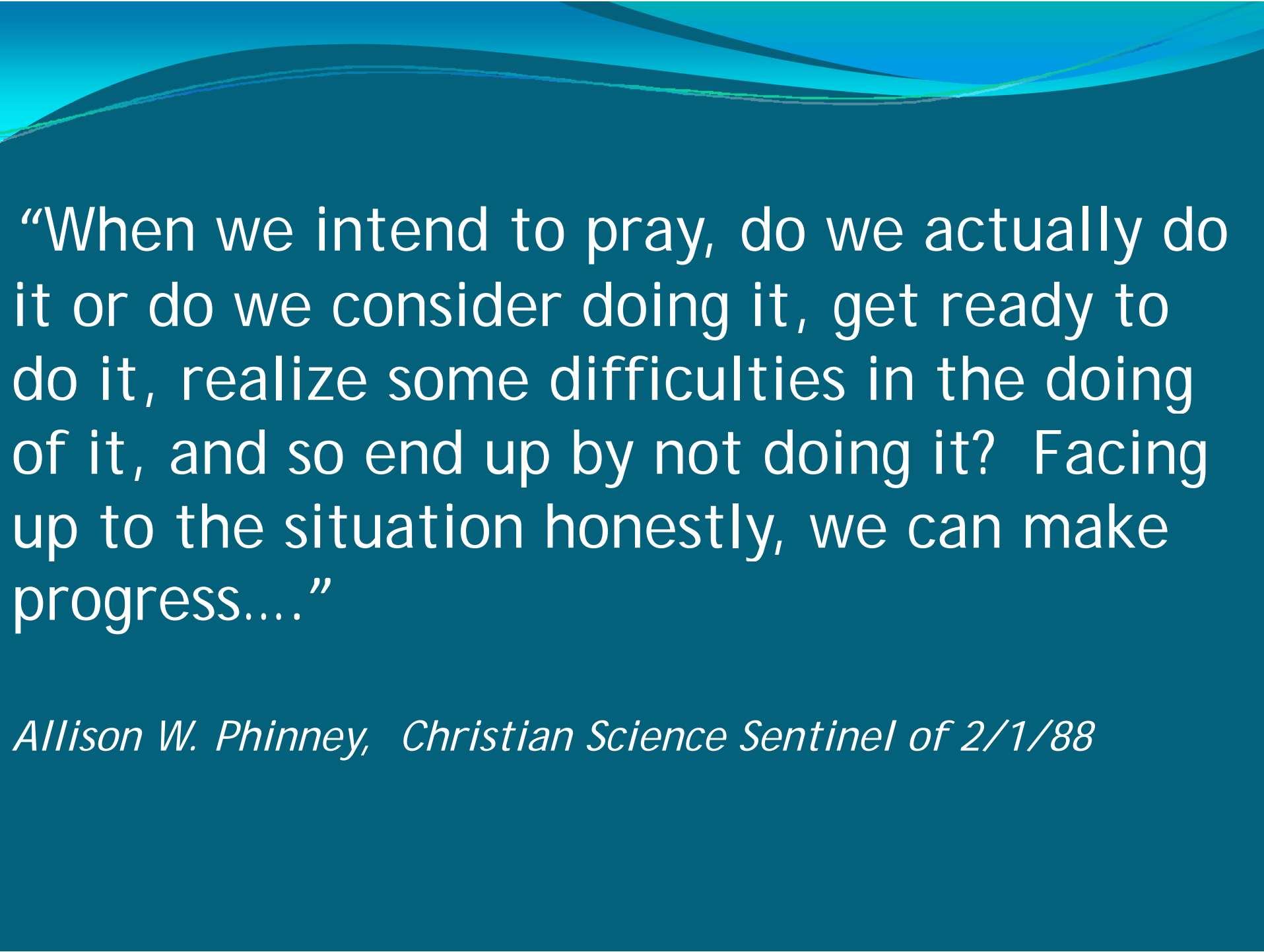
A study conducted by
Twentysomething Inc., a
consultant firm specializing in
young adults, reports that 85% of
this year's graduating class will
be forced to move back home.

Social network sites risk infantilizing the 21st century mind, leaving it characterized by short attention spans, sensationalism, inability to empathize and a shaky sense of identity, according to a leading neuroscientist profiled in the *Guardian (UK)*.



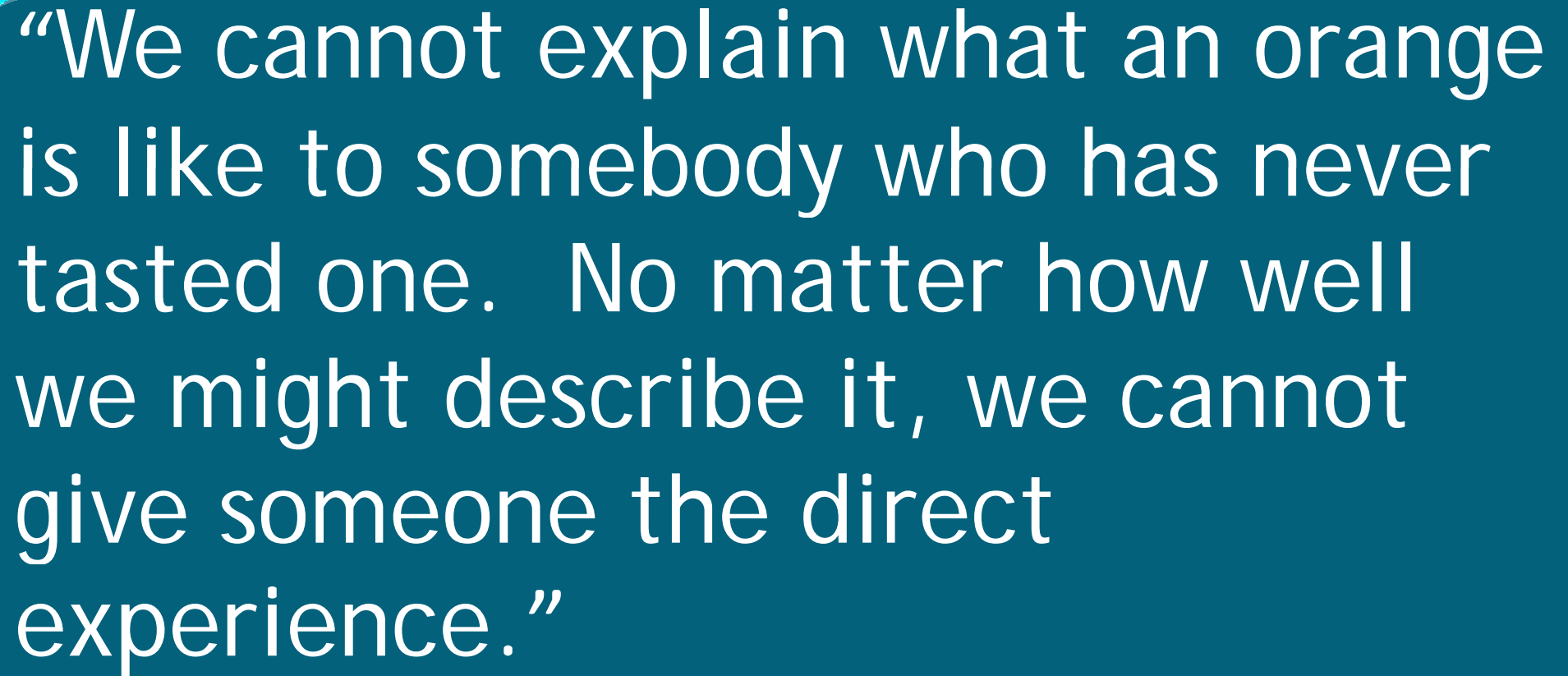
“Perhaps an important element in finding the quietness we need has to do with a virtue that might sound a little old-fashioned today. It’s discipline. When we are confronted over and over with diversions that provide no real nourishment for spiritual development, we need to be disciplined enough to turn away from the distraction and to make opportunities to pray, to study, to rejoice in God’s goodness.... Our need is to stop running, stand still, and know God.”

A quietness of the heart—hearing God’s Word in an “age of distraction” by William Moody in Christian Science Sentinel of 3/23/87



“When we intend to pray, do we actually do it or do we consider doing it, get ready to do it, realize some difficulties in the doing of it, and so end up by not doing it? Facing up to the situation honestly, we can make progress....”

Allison W. Phinney, Christian Science Sentinel of 2/1/88



“We cannot explain what an orange is like to somebody who has never tasted one. No matter how well we might describe it, we cannot give someone the direct experience.”

The Heart of Buddha's Teaching, by Thich Nhat Hanh, p. 54



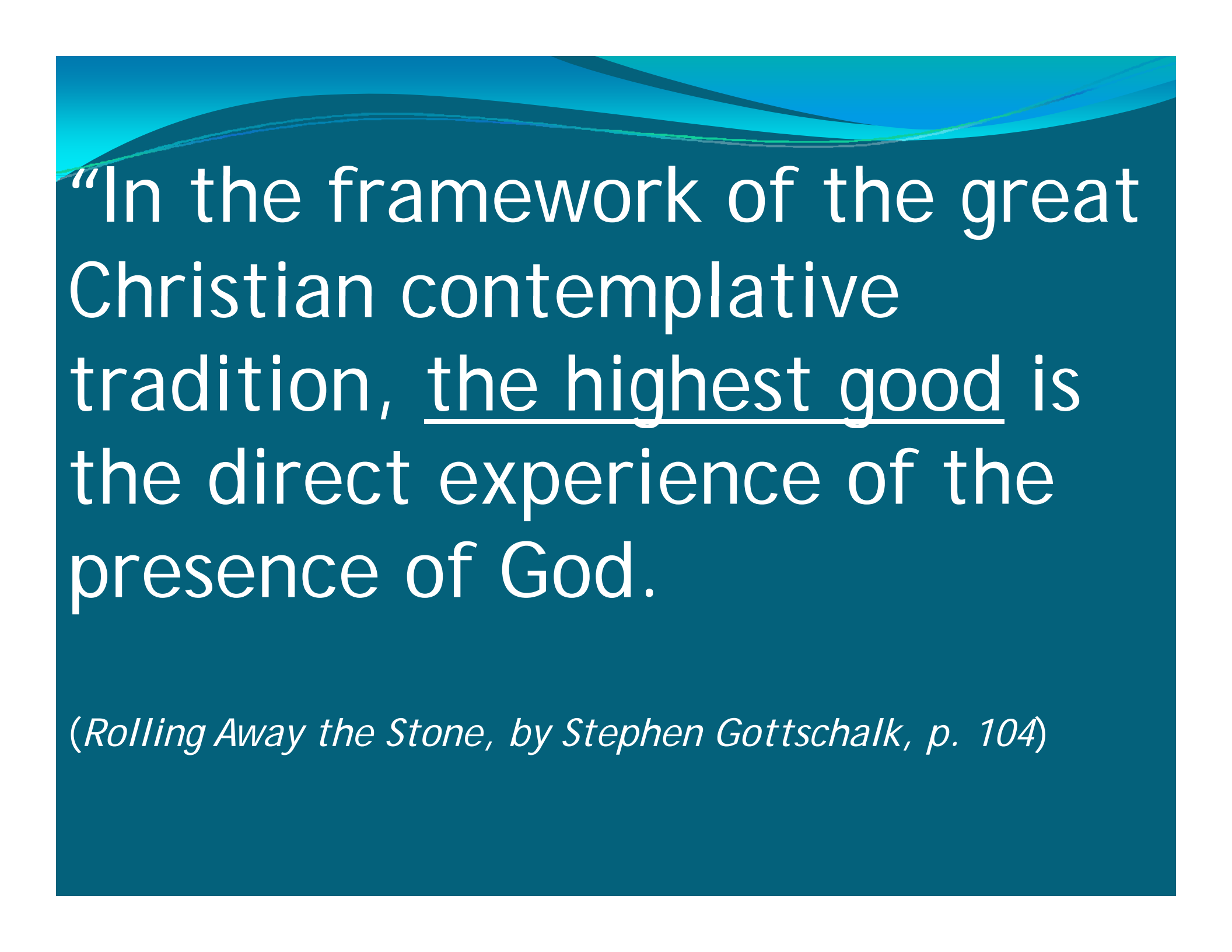


Metanoia:

Meta = “above or beyond”

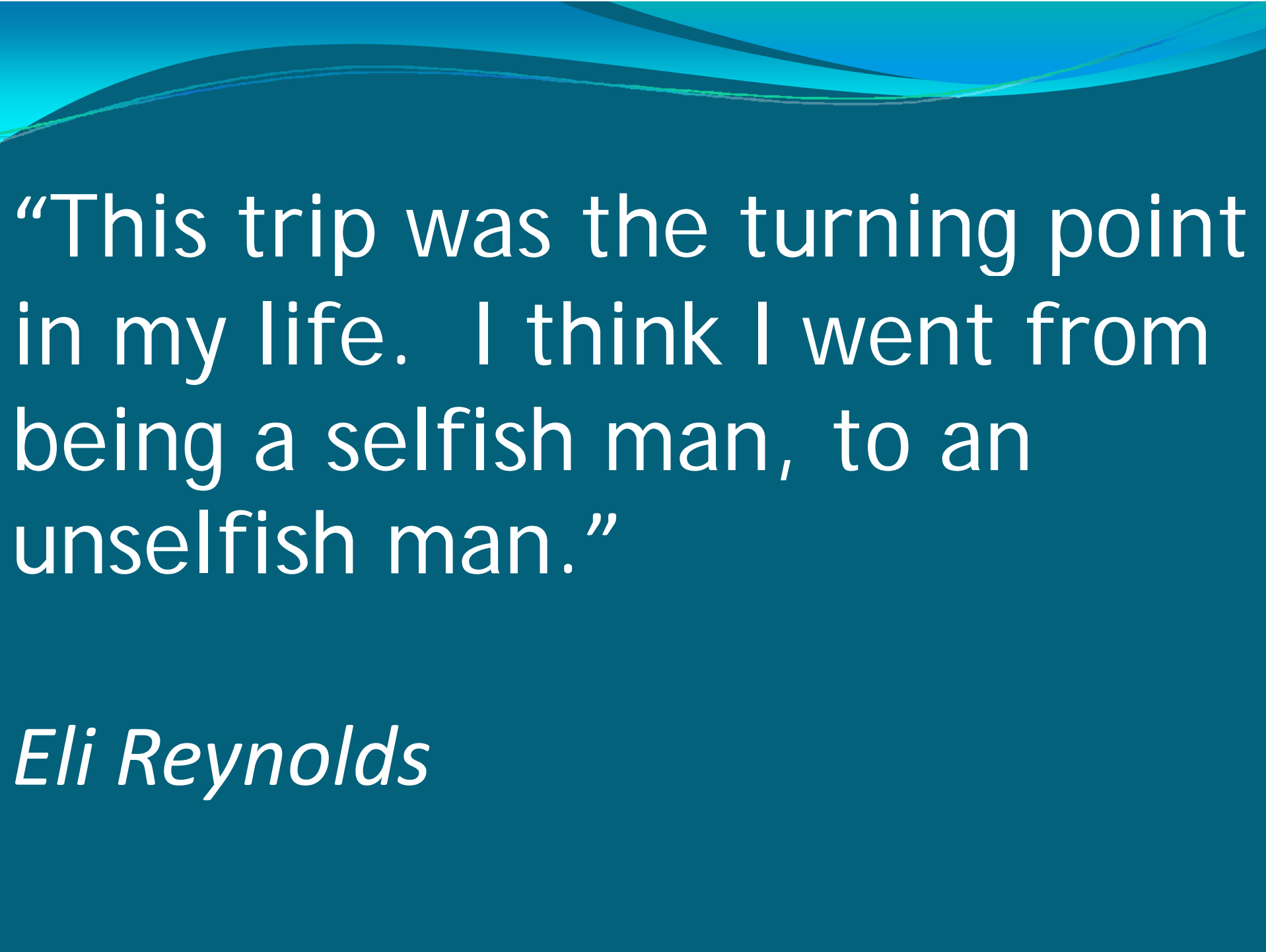
Nous = “mind or intellect”

- 1) a shift of mind;
- 2) to repent;
- 3) a direct knowing of the
highest – of God.

The background of the slide features a series of overlapping, wavy lines in various shades of blue, creating a sense of depth and movement. The lines are more pronounced at the top and fade towards the bottom.

“In the framework of the great Christian contemplative tradition, the highest good is the direct experience of the presence of God.

(Rolling Away the Stone, by Stephen Gottschalk, p. 104)



“This trip was the turning point in my life. I think I went from being a selfish man, to an unselfish man.”

Eli Reynolds

“Never before in my life have I felt the presence of God like I have the past three days.”

Tamara Seid-Graham

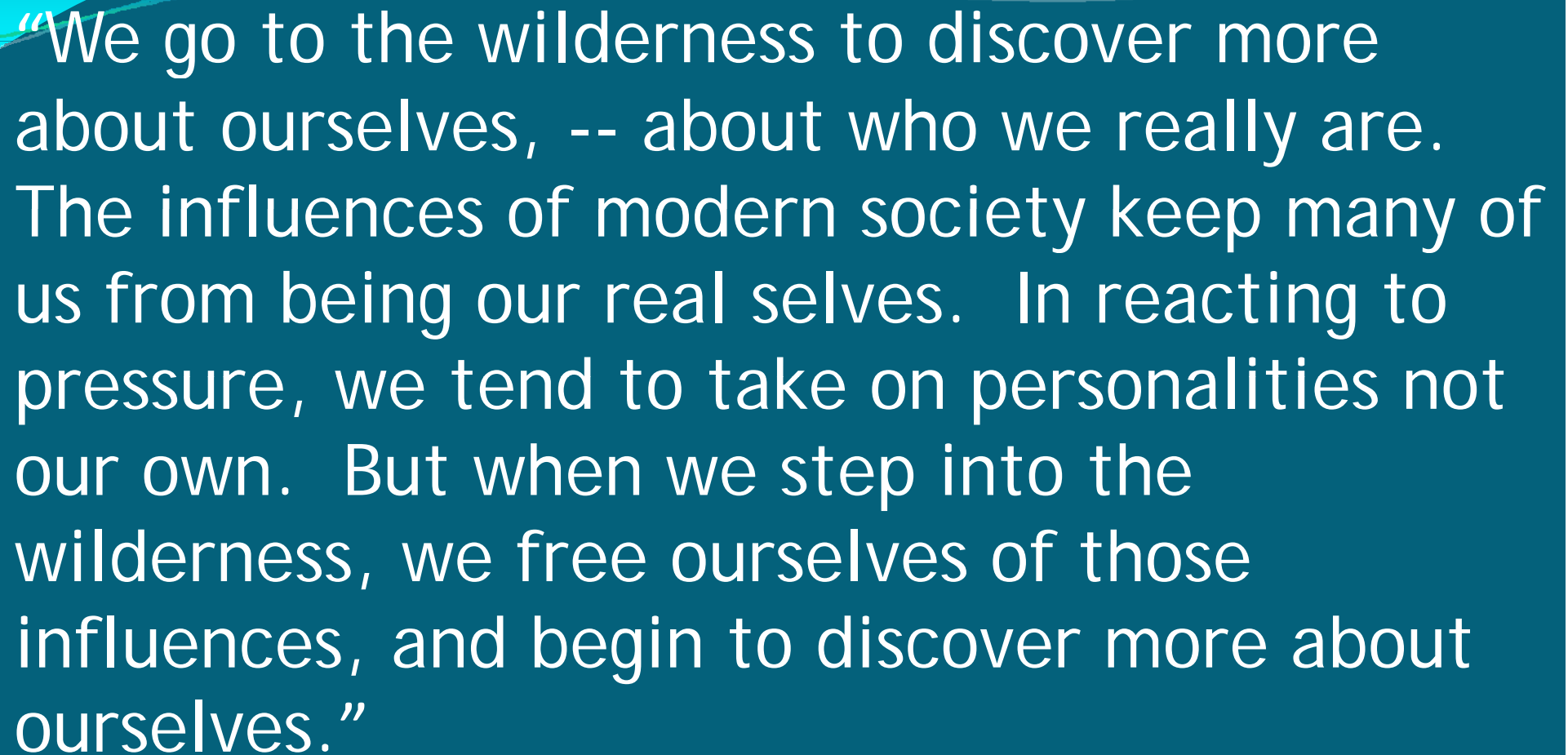
“I am leaving this trip on fire with divine Love, and I am eager to put this fearless love into practice in my daily life.” *Megan Powell*

“This trip made me rely on God in a way that everyday life does not. A wilderness setting contains a lot more urgency, and the difference between good and bad decisions is much more apparent.” *Dan Rounds*



- “He went out into a mountain to pray and continued all night in prayer to God.”

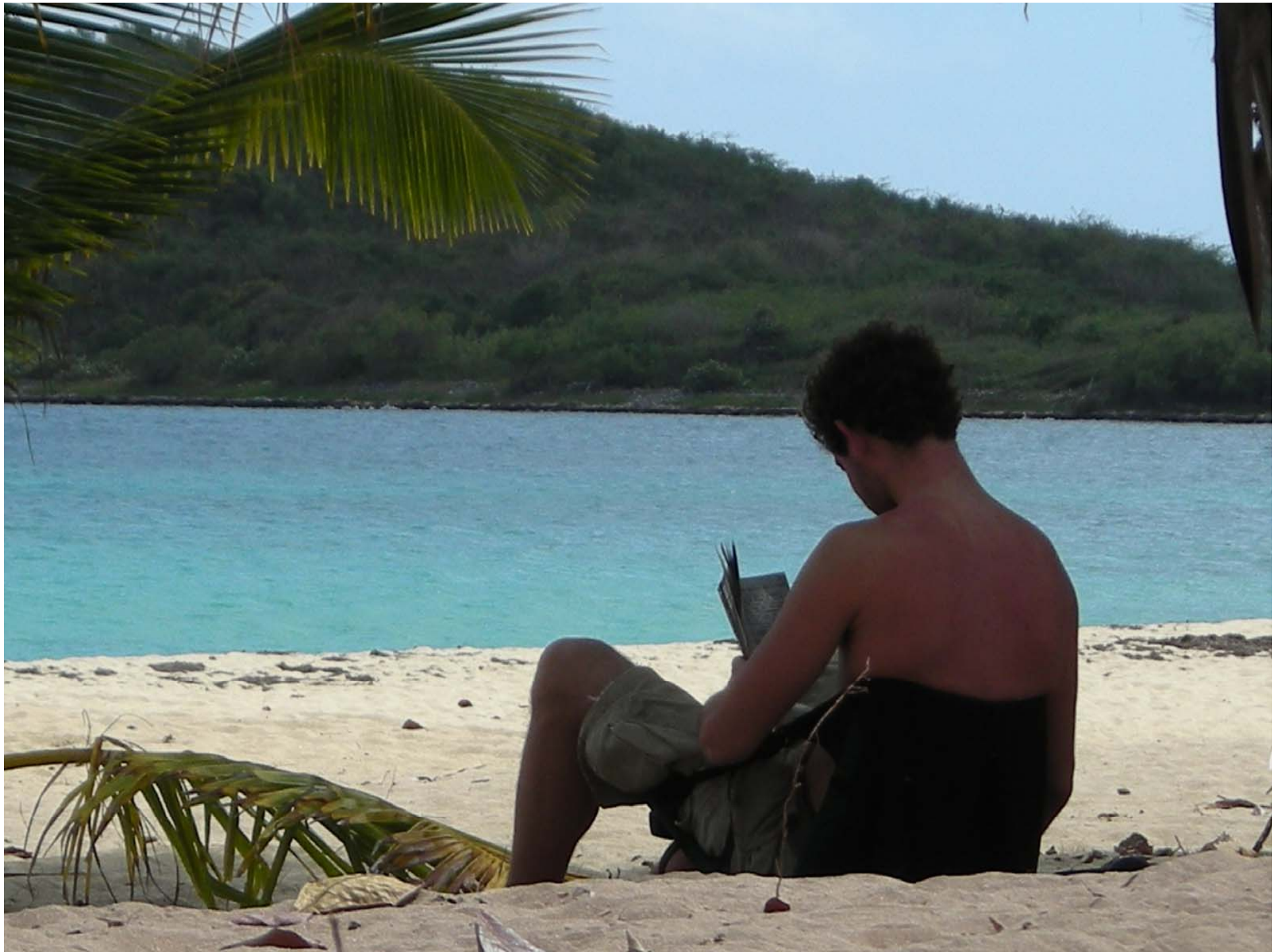
- *Luke 6:12*



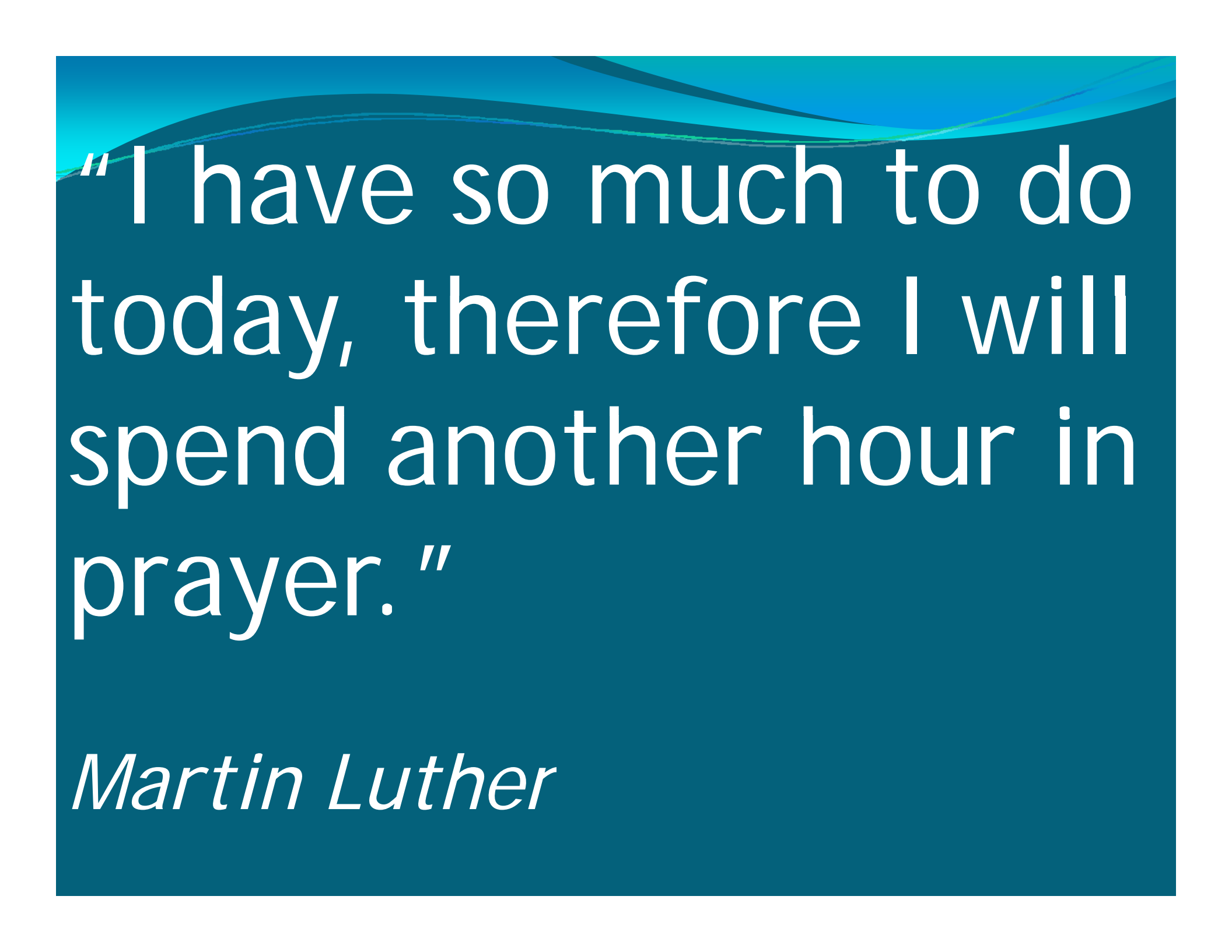
“We go to the wilderness to discover more about ourselves, -- about who we really are. The influences of modern society keep many of us from being our real selves. In reacting to pressure, we tend to take on personalities not our own. But when we step into the wilderness, we free ourselves of those influences, and begin to discover more about ourselves.”

Beyond Backpacking by Ray Jardine

- In 2008 University of Michigan Psychologists concluded that:
 - Walking outside or even just looking at pictures of natural settings improves directed attention, the ability to concentrate on a task. Nature restores ability to focus.
 - Being in nature improved memory 20% when it came to recalling a series of numbers.
 - Office workers with views of trees and flowers reported lower stress levels, higher job satisfaction and fewer ailments than colleagues with views of buildings.
- *By Madeline Kahn in Outside Magazine, December, 2011*







"I have so much to do today, therefore I will spend another hour in prayer."

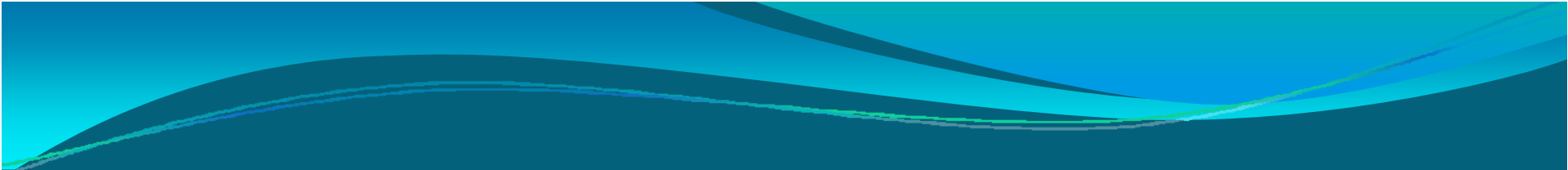
Martin Luther

- “Not everything that can be counted counts, and not everything that counts can be counted.”

- *Albert Einstein*

- “The direct experience of God’s presence was natural to one who accepts the primacy of goodness and who is convinced that we can feel and know God’s presence with absolute experiential certainty.”

- *Rolling Away the Stone, by Stephen Gottschalk, p. 114*
-



- “Thoughts disentangle themselves as they pass through our fingertips and into our journals.”

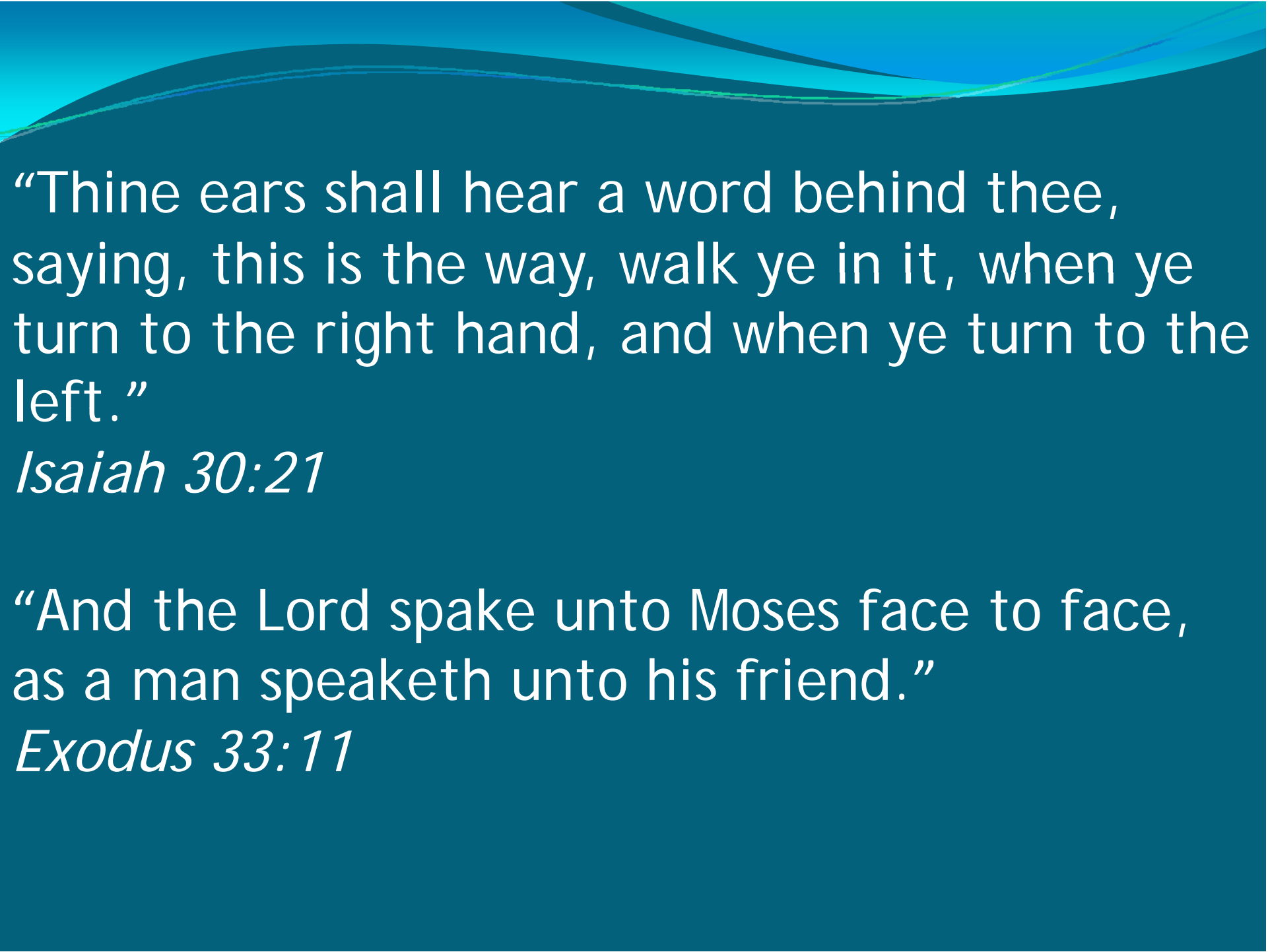
- *Dawson Trotman*

- “Universities should be among the first to reaffirm the importance of basic values, such as honesty, promise keeping, and free expression, for these are not only principles essential to a civilized society; they are values on which all learning ultimately depend. There is nothing odd or inappropriate, therefore, for a university to make these values the foundation for a serious program to help students develop a strong set of moral standards.”

- *President's Report, 1986-87 by Derek Bok, Harvard Univ.*

The background is a solid dark blue color. At the top, there are several wavy, horizontal lines in lighter shades of blue and cyan, creating a layered, wave-like effect.

www.justiceharvard.org



“Thine ears shall hear a word behind thee,
saying, this is the way, walk ye in it, when ye
turn to the right hand, and when ye turn to the
left.”

Isaiah 30:21

“And the Lord spake unto Moses face to face,
as a man speaketh unto his friend.”

Exodus 33:11

- “Leaders have to have depth – you can’t fake depth.”

- *Tim Hermann*

Naturalists are most inspired to love God out of doors, in natural settings.

Sensates love God with their senses – appreciate worship that involves sight, taste, smell and touch.

Traditionalists draw closer to God through rituals, liturgies, symbols, etc.

Ascetics prefer to love God in solitude and simplicity.

Activists love God through confronting evil, battling injustice, and working to make the world a better place.

Caregivers love God by loving others and meeting their needs.

Enthusiasts love God through celebration.

Contemplatives love God through adoration.

From Sacred Pathways, by Gary Thomas

“It is never sufficient to simply read God’s Word. It must penetrate deep within us and settle down into the deepest fabric of our being. It is better to read a few verses of Scripture and wait until it has penetrated within us, than to know a great deal of God’s Word and not treasure it in our hearts.”

Meditating on the Word by Dietrich Bonhoefer

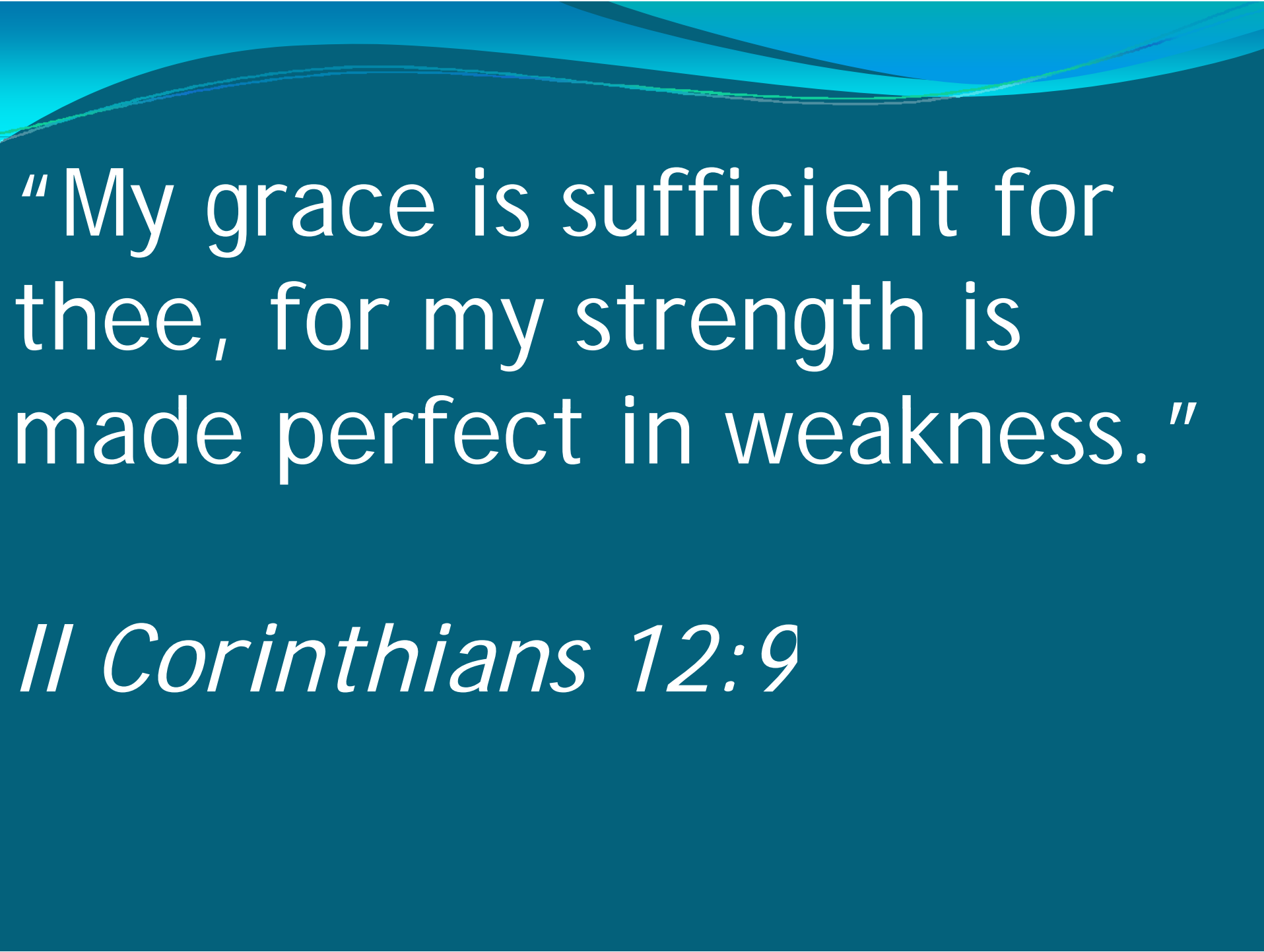
“...You must not think that I am unhappy. What is happiness and unhappiness? It depends so little on one's life circumstances; it depends really on that which happens inside a person. I am grateful every day...”

Letters from Prison, by Dietrich Bonhoeffer

“Perhaps the most delicious experience of God is feeling completely held, supported, and infused with a love beyond words: like the feeling that the Psalmist wrote of: being held in the palm of God or being wrapped in the wings of angels – safe and content.”

Joan Borysenko in Bridges to Heaven

Three shipwrecks; Cold and nakedness; Five times he receives “forty stripes;” Thrice beaten with rods; Once stoned; Robbed many times; Imprisoned; Hunger and thirst; Has “a thorn in the flesh” (scholars speculate on some inner disease).



“My grace is sufficient for thee, for my strength is made perfect in weakness.”

II Corinthians 12:9

“I saw that I must get the right understanding of God... I bowed my head in prayer and waited with longing intensity for some answer. How long I waited I do not know, but suddenly, like a wonderful burst of sunlight after a storm, came clearly this thought, “Be still and know that I am God.” I held my breath—deep into my hungering thought sank the infinite meaning of that “I.” All self-conceit, egotism, selfishness, sank abashed out of sight. I trod on holy ground. Words are inadequate to convey the fullness of that spiritual uplifting...”

Science and Health, p. 669.