

Soul Searching - A Six Week Exploration of Spirituality and Mindfulness

Reading Schedule:

- January 10 Introduction - Page 17
- **January 17 No Class - MLK Weekend**
- January 24 Pages 19-31
 First Gate - Unity of God
 Second Gate.- Examination
- January 31 Pages 33-41
 Third Gate - Service
 Fourth Gate - Trust
- February 7 Pages 43-52
 Fifth Gate - Wholehearted Devotion
 Sixth Gate - Humility
- February 14 Pages 54-71
 Seventh Gate - Repentance
 Eighth Gate - Spiritual Self-Accounting
- February 21 No Class
- February 28 Pages 72-90
 Ninth Gate - Abstinence
 Tenth Gate - Love of God