

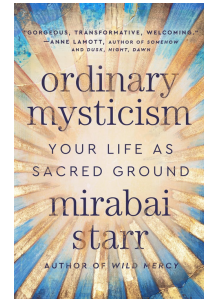
## Jamal's Fall 2024 Class: "Living a Spiritual Life in a Mundane World"

Jamal's class will help us to connect to our Higher Self by transforming our mundane life into sacred experiences. This will invite joy and fulfillment into our daily lives.

We recommend the following new book as a study guide:

**Ordinary Mysticism: Your Life as Sacred Ground** by Mirabai Starr.

This book is available on Kindle and [in hardcover at amazon.com](#)



**Class Details:** 6 week class meets on Zoom with recordings of each class available to class participants. Class includes guided meditation, discourse by Jamal Rahman, writing prompts and spiritual practices, small and large group discussions.

**Dates:** Saturday mornings, 10:00-12:00 Pacific Time, **October 19-November 23, 2024**

**Registration:** Tuition is \$99 payable by Zelle or Paypal to Jamal Rahman. Registration is required. Please send email to: [Sallyjogilbert@gmail.com](mailto:Sallyjogilbert@gmail.com) Zoom link will be sent prior to class.

*"You are more precious than heaven and earth. What more can I say?  
Sell yourself for not so little a price, being so precious in God's eyes. ~Rumi*

