

February 19, 2024 – Awaken to the Divine: Contemplative Reflections to Transform Your Spirit

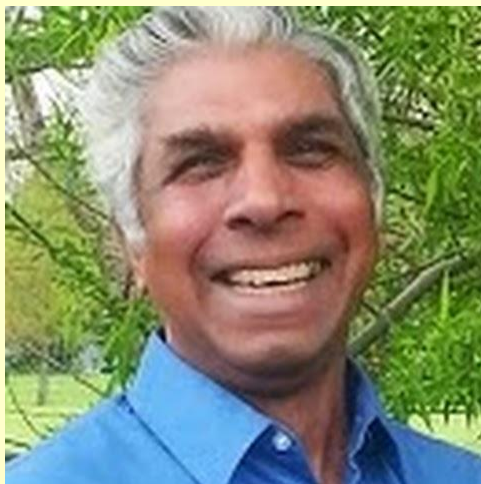


Every spiritual tradition lays out a path for spiritual awakening. Some call it enlightenment, others bliss. It is the quest of humans of every age to grapple with the existential question: Who am I? What is the purpose of life? Jesus experienced awakening

at his baptism, Paul at Damascus, and St. Ignatius in Manresa.

This time of reflection will help us find our own path to Awaken to the Divine in our everyday life.

Professor Paul Coutinho



Paul Coutinho is a recognized international scholar and speaker who blends Spirituality and Psychology and brings an Eastern influence on Western spirituality. He leads regular workshops and retreats that respond to the heart's relentless quest for the Divine and a desire to live the fullness of life. He has done doctoral studies in Psychology and has a doctorate in Historical Theology from Saint Louis University. Paul is the author of several books, including his award-winning book, *How Big is Your God? The*

Freedom to Experience the Divine and his latest book, *Awaken to the Divine: 52 Contemplative Reflections to Transform Your Spirit*.