



# "Embracing Our Humanity to Strengthen Our Divinity"

A step by step practice facilitated by Rev. Tereaz Scholze

The first time I remember feeling lonely, I was 5 years old. I was in the garage, alone, crying and wishing I could go back to the stars as I listened to Jiminy Cricket sing, "When You Wish Upon A Star" on my little record player. In my teens that loneliness turned into a suicidal depression that surfaced over and over as I used everything I knew to distract myself from the pain inside. When I began to use this practice, I began to come home to myself and to the connection I was longing for. Now I hardly ever feel lonely and most of the pain is gone. I am living my dream life and it keeps getting better.

This 4 - week class will teach you a step by step method on how to begin to heal, transmute and transcend the darkness and hang out more in the Love and Wisdom of the Light.

**This is not a quick fix class.** It is the beginning of a deep and meaningful practice that will bring you home to yourself and to your Spirit within you using the Power of Love and Compassion to get you there.

## WHEN?

Four (4) Weds: Aug 29, Sept 12, 19, 26, 2018  
7:00 to 8:30 pm

## WHERE?

Unity by the Bay  
4 Pointless Forest Trail  
Annapolis, MD

## COST?

**\$199. Early Bird \$50 discount before August 13, \$149.**  
Make checks payable to Unity By The Bay

**Four (4) Classes Include:** Lecture/Discussion, Learning the Practice, Practicing the Practice in a safe environment, Learning other Simple Tools to support this Practice, Confronting Resistance, Q & A time, Transformative Meditations

**PLEASE CALL TEREAZ @ 443 534 7081 to REGISTER**

**About the Facilitator:** Tereaz Scholze is an Ordained Interfaith Minister, Owner for 25+ years of Eden Healing Arts and Massage in Maryland, Unity by the Bay Chaplain, Wife, Mom and imperfect person! ☺. The challenges of child abuse, anger, depression and addiction in her life have developed a deep compassion and wisdom in her. She leads the class with kindness and compassion while being honest and authentic.

The practice she will teach you is, in her opinion, the most simple and transformative tool in her vast collection. **For more info on Tereaz: [www.edenhealingarts.net](http://www.edenhealingarts.net)**

