

STATEMENT OF PURPOSE

The purpose of this Course is to restore a vision of the essential worth of the individual. So often the integrity and the value of an individual are measured by the choices one makes and the experiences one has, but integrity and value cannot be reduced by these factors - only hidden from our sight as we mistake one for the other.

Through the exercises in this Course it is hoped that the participants will not only learn to tell the difference between the Choices and the Choice Maker, but will also begin to understand how unique and special they are, for each of us has special gifts and talents we bring to the world to enrich our shared life experience. As we develop and use these talents, as we seek to fulfill the innate desires within us, we also explore the unlimited potential that is the birth right of every human being. In that exploration is both the hope and the promise of the fulfillment that is inherent in our deepest desires. Toward that end this Course is offered, and toward that end these efforts are dedicated.

Donna Miesbach
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ABOUT THE AUTHOR

Donna Miesbach's life-long study of meditation techniques led to her certification as an instructor of both Primordial Sound Meditation and the Seven Spiritual Laws of Yoga through Dr. Deepak Chopra, Director and Founder of the Chopra Center for Well Being in CA. Donna's studies in recent years include such courses as Synchro-Destiny and Reversal of Aging with Dr. Chopra and Dr. David Simon, the Medical Director of the Chopra Center; Creating Health with Roger Gabriel, Director of Education at the Chopra Center; Sound Healing and Music Therapy with Jonathan Goldman, Founder of the Sound Healer's Association, Boulder, CO; Emotional Integration and Release with Dr. Roy Martina of Europe; and Extended Remote Viewing with Dr. David Morehouse.

In addition to her work as a Meditation and Yoga Instructor, Mrs. Miesbach is a published author whose inspirational poems and articles can be found in such publications as *Unity Magazine*, *Daily Word*, *Upper Room*, *Ideals*, and *Chicken Soup for the Teenage Soul II*. Her work has also been transcribed in Braille by the John Milton Society for the Blind. Currently, Donna is the in-house author for Playmakers Mentoring Foundation.

As one of the initial Stephen Leaders at Countryside Church, Omaha, NE, Donna played a key role in developing the first Stephen Ministry program in that area. She is an inspirational speaker, a workshop presenter and facilitator, and is a proud and happy grandmother to "thirteen wonderful grandchildren and several great grandchildren."