

**Enlightenment & Grace:  
Removing Resistance to Destiny**  
A Weekend Spiritual Intensive

Durant Nature Park – Raleigh, NC  
October 9<sup>th</sup> – 11<sup>th</sup>, 2009

Hosted by  
The Self-Inquiry Discussion Group of Raleigh, NC

**AGENDA**  
(Subject to Change)

**Friday, October 9<sup>th</sup>**

- 7:00 p.m. Welcome and Logistics – Luke Roberts
- 7:15 p.m. Bart Marshall – “Removing Resistance to Self-Realization”**
- 8:30 p.m. Mike Conners – “An Invitation to Effortless Meditation”**
- 8:50 p.m. Break
- 9:00 p.m. Michael Hall – “Spiritual Awakening in Daily Life”**
- 10:30 p.m. Night-owl session at fire pit – continuing the conversation

**Saturday, October 10<sup>th</sup>**

- 7:30 a.m. Mike Conners – Effortless meditation (EM) class, breakfast**
- 9:30 a.m. Avery Solomon – “Karma and Grace”**
- 11:00 a.m. Break (EM checkup)
- 11:30 a.m. Michael Casari – “A Visit to the Mood Nostalgia”**
- 1:00 p.m. Lunch with breakout group, free time
- 2:30 p.m. David Scoma – “Q & A with David Scoma”**
- 4:00 p.m. Break (EM checkup)
- 4:30 p.m. Bob Cergol – “Going Within”**
- 6:00 p.m. Group meditation

- 6:30 p.m. Break
- 7:00 p.m. Dinner
- 8:00 p.m. Bruce Rubin – “Spirituality in Life and Film”**
- 9:30 p.m. Night-owl session at fire pit – continuing the conversation

**Sunday, October 11<sup>th</sup>**

- 7:30 p.m. Bruce Rubin – Kundalini meditation class, breakfast**
- 9:30 p.m. Nathan Spoon – “The Essence of Advaita”**
- 11:00 p.m. Break (EM checkup)
- 11:30 a.m. Franklin Merrell-Wolff (1970 tape) – “Induction”**
- 1:00 p.m. Lunch with breakout group, free time
- 2:30 p.m. Bart Marshall / Luke Roberts – “The Experience of Headlessness”**
- 4:00 p.m. Break (EM checkup)
- 4:30 p.m. All presenters – “Open Q&A and Panel Discussion”**
- 6:00 p.m. Group meditation
- 7:00 p.m. Dinner at restaurant