

Frequently asked questions about the Spring 2010 School Program  
*Power Unlimited & Love Beyond Measure*

**Q. How do I know if this program is right for me?**

Most people have a pull toward certain programs through the language, the intention for the work, and the general feelings of what the work will be and how it will be presented. The most important component of any program is the teacher and the quality of their work, the length of time they have been doing their work, and their ability to create valuable learning experiences for the students. So sample the teacher's words, her or his ideas, and see what kind of "inner feeling" you get. If you don't like what you sense intuitively – then pass. On the other hand if you do like what you feel, then take action toward making it happen. Create and hold the intention of moving toward a brighter future even if you're not entirely sure how you'll bring all the details into alignment.

**Q. So many spiritual programs are wonderful experiences when I'm going through them, but then the "glow" wears off and what I learned and experienced while there seldom helps me deal with my major life issues. What makes this program useful in a practical way?**

Every program requires you to put your full attention on the work being presented. Beyond that, the work needs to be worthy and truly useful and transformative so that by the time you go home you are already moving in the new direction. This program is designed to optimize your effort into applying what you've learned. You'll learn daily practices that are interesting, creative and highly effective in keeping you motivated as you return to family and work. You'll be part of a spiritual community in which you can continue to share your thoughts and experiences as well as turn to for emotional support. What you will learn in this program will take on new life and greater meaning each day you use it. And once you've opened your heart to this work, you will know what it is to access *Power Unlimited & Love Beyond Measure*.

**Q. Who is Meredith Young-Sowers and why is she a spiritual teacher I can trust and who can help me?**

Meredith has been working with clients, friends, staff and colleagues for close to thirty years. You can trust her reputation, which is of a truly loving, wise woman who has one foot in Earth School and the other clearly in Spirit. Her many books (endorsed by the most recognized names in her field) attest to her knowledge. More important, however, are the testimonials and "heart-felt thanks" expressed by her many students that reflect how deeply they have been touched by her love and wisdom. You will discover this for yourself when you participate in this remarkable program. Meredith's integrity and "down-to-earth" style of teaching will put you in touch with your own well-spring of inner resources and help you "shine" in the world in ways you most want.

**Q. In these difficult economic times, I can only afford the tuition if I know this program is a good solid investment for my future. What makes it a valuable endeavor?**

Perhaps the fact that the program/work is not time-dated—meaning good for only right now or in certain circumstances. Rather it’s relevant to your life whenever you need it because it is about living successfully with joy and meaning. And what is more important than that? Meredith will teach you *“how to fish rather than simply getting a fish.”* Investments can pay off short-term or long-term, and Meredith’s work will pay off in both ways for you.

**Q. How many hours will I need to set aside each week to be able to do the weekly learning sessions?**

The amount of time you spend each week is up to you. Some weeks you’ll have unexpected interruptions and not have as much time. But because the material is given to you in easy-to-listen-to segments, you can go back and pick up what you missed or skimmed over the first time. Do plan to listen to each week’s one-hour teaching session (which is sent to you via digital MP3 and PDF files,) at least once or twice and then leave some time to complete the worksheets. So in all, plan on 2-3 hours a week to really get the most from your investment.

**Q. Is it really necessary to attend the 4-day intensive? I’m concerned about the added cost of airfare and room and board expenses?**

The intensive is the very heart of the program where you get to be with Meredith and meet the other participants face-to-face. You’ll forge lasting friendships and learn from each other. The morning sessions begin with an inspiring teaching and a meditation with Meredith that fills your body and the room with the energy of Divine Love. And it is this elevated energy that promotes physical healing, positive change, forgiveness of the past, overcoming loss, and opening to new opportunities. The day continues with teaching from Meredith, valuable spiritual practices, dialogue and exchange. You receive a well-rounded and full day of transformational experiences and great learning.

**Q. Why is Stillpoint offering a \$300 tuition discount if I write a 2-page essay on “How I am bringing harmony and healing to my family, my community and our planet”?**

As a non-profit service foundation, our mission is to help people make the most of their lives by finding a deeper connection to Spirit. Rather than devising an artificial way of giving a discount, we really want to know about you and what you are doing to make the world a better place. We’re always inspired by the contributions and creative ways that people are helping—whether large or small. After reading your essay, we’ll better understand the wonderful efforts and accomplishments that you are making to fulfill a mission we all share.

**Q. Who typically participates in this type of program and will I fit in as part of this learning community?**

It’s probably not a surprise that our classes are predominantly women, though the men who come always turn out to be important and inspiring parts of our program. People come who are interested in growing spiritually and in managing their lives better no matter where the problems lie: health, partnership, financial, life purpose. The environment is warm and friendly, and everyone finds others whose company they enjoy. Meredith and the assistant teachers make it easy for you to find friends. It’s always amazing how quickly each class becomes a close-knit group.

**Q. If I have questions or need help understanding certain concepts, exercises or teachings, who can I call on to help?**

Because this program is limited to 35 students, you have access to Meredith on a daily basis during the intensive as well as access to your small group teachers. And throughout the entire course, you will be able to ask questions and have them answered by Meredith and her staff via the private blog that is set-up just for your class, or by email or telephone. You’ll feel fully connected and supported. And you will have ample opportunities to post your comments and share your experiences with your colleagues on the student blog, in personal emails or in class.