

The Serenity Experience Spiritual Development Program

A program of study that introduces people to spirituality in a broad sense, encourages participants to incorporate spiritual values into their daily lives, and challenges participants to work with the Self on a deeper level.

Teachers / Spiritual Guides
Stella Fletton and Benjamin Fletton

The Serenity Experience Journey Book

Participating in this course means that you have chosen to acknowledge your need to be awakened on an intimate spiritual level, and that you wish to consciously travel your spiritual journey through life with purpose, enthusiasm and grace, guided by authentic spiritual teachers. A journey book is one of the most Vital ingredients to achieving this.

As a record of your growth and expansion, your journey book will guide you lovingly towards positive changes in your personality, your world view, and your life. Your first journey book is supplied by Serenity.

Workshops and Discussions

Term One	Pages 4 – 14	Astrology Religion, Spirituality and Creed Meditation Journey book
Term Two	Pages 15 - 22	Crystals Altars
Term Three	Pages 23 – 36	Love Nature. The Six Realms The Chakras
Term Four	Pages 37 – 43	Samsara Reiki

Journey book guidance

Term One	Pages 4 - 14	Sun sign Astrology Your positive personality Things I like about myself Positive Affirmations 50 things that makes me happy. The test of Faith
Term Two	Pages 15 - 22	My Life Achievements Power Questions Spiritual Inspirational Quotes
Term Three	Pages 23 – 36	Let Go My Rights Laws of Karma Self-care First Aid Kit Major Milestones Intention and Purpose
Term Four	Pages 37 - 41	Finding True Fulfilment Love Live as a Soul
Feedback	Page 42	Feedback form
Addendum	Pages 43 – 46	Life Wheel and Change Model
Guru Notes	Pages 47 – 50	Layout, timings, materials etc.