



**SPW
Seven Week Journey
Schedule**

Week 1 = **What is a soul?**

Week 2 = **Everyone is on a Spiritual Path**

Week 3 = **The Practices**

Week 4 = **Depression, Grief, and Self Esteem**

Week 5 = **Spiritual Emergence**

Week 6 = **What is Ascension?**

Week 7 = **More on Ascension**