

## What is Aligning the Spirit?

The goal of aligning the Spirit is to explore [the mystery of God at work in experiences and relationships](#). This can be done in one of two ways. You are welcome to schedule individual sessions and/or you can participate in group educational opportunities.

### Individual Sessions

If you are curious about how God is actively present in your daily life, then meet with Dr. Jo Anne Grace for one-on-one sessions. During your time with her you will learn:

- [how to discern God's Presence](#)
- [how to incorporate spiritual reflection into physical reality](#)
- [how to express creatively your faith](#)

### Educational Opportunities

These interactive learning experiences are designed with an [emphasis on practical ministry skills that integrate faith with everyday life experiences and relationships](#). The content is based on theological processes found in Scripture and spiritual formation patterns found in Jesus' Life. The method includes individual and group exercises as well as creative activities. The format varies based on your needs.

Dr. Jo Anne Grace will be happy to customize a workshop or retreat to fit your needs and time frames. You can choose from the topics below or suggest ones of your own. In addition, you are welcome to meet with Dr. Grace on an individual basis or participate in a pre-schedule course, seminar or retreat. Discover more by e-mailing her at [neurohealthcentercolorado@gmail.com](mailto:neurohealthcentercolorado@gmail.com) or calling her at 970-404-0627.

#### Pneumasomatic Care™: A Ministry of Reconciliation and Healing

Living Epistles	How can we recognize and respond to the mysterious Presence of God when physical pain consumes our bodies?
Living Laments	How can we remember and return to God when suffering dominates our emotions and complaints rule our minds?
Living Apocalypse	How can we discover who God is and what God is doing when traumatic events and abusive relationships oppress us?
Living Covenants	How can we invite the active Presence of God into our relationships when systems are dysfunctional and communication is explosive or withdrawn?

#### Faith Listening: Discerning God's Presence

The ABCs of Faith Listening	How do we name and bless God in times of need, trouble or suffering?
Sacred Conversations	How do we discern the Presence of God when experiences of physical pain, mental anguish, emotional suffering, behavioral expressions or spiritual isolation ring loudly in shared stories?

#### Spiritual Formation: Being Made Whole in the Image of God

Incarnation	What does it mean to be the BODY of Christ?
Transfiguration	What does it mean to have the MIND of Christ?
Resurrection	What does it mean to embrace the LIFE of Christ?
Ascension	What does it mean to follow the SPIRIT of Christ?

#### Mapping Interior Life: A Wholistic Approach to Pneumasomatic Care™

Go to [>Center the Body>](#) [Learn More](#)