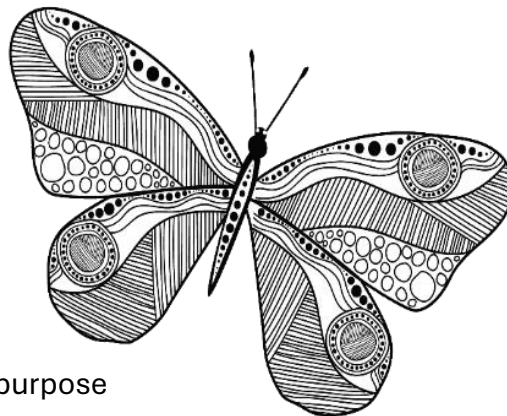


A Course in Divine Arts: Express the Magic of Your Soul by Joanne Helfrich

A Course in Divine Arts workbook invites you on a journey to discover and enjoy the abilities within you—ancient, magical, and waiting to be remembered. It is an invitation to move beyond *learning* into *doing*—discovering, developing, and expressing your innate gifts as a practitioner of Divine Arts! This course is for you if you...

- **Sense that you are naturally intuitive**, creative, or spiritually gifted, and want guidance in developing and expressing your abilities
- **Long for a deeper sense of meaning**, fulfillment, and purpose
- **Want to heal neglected** parts of yourself, and find new ways of self-care



This course emphasizes *practice over theory* through direct experience, personal practices, creativity, and community participation. It begins *where you are* to...

- **Build on** your education and experience
- **Awaken your innate *intent***—your soul's natural design for fulfillment
- **Clear your path** by releasing beliefs, fears, and wants that limit your happiness
- **Heal and integrate** all aspects of Selfhood
- **Discover and develop your unique form of *channeling***—your innate ability to express your soul through artistry, healing, and other forms of inspired action that align with your intent
- **Bring your gifts** into service for yourself and others

Foundational Principles

Know that Love Rules introduces the course's central premise: Divine Love is the foundation of reality, and each person is guided toward fulfillment by a deeper aspect of Self—their essence. It explores how every individual possesses a unique intent and innate inner senses that help guide their lives. Participants are invited to consciously create lives that reflect their deepest values, purpose, and natural path to fulfillment.

Reclaim Your Selfhood

The course workbook takes participants on an evolutionary adventure to revisit and renew the qualities and gifts of developmental stages that need healing and integration. As we become more whole, we embody an emerging worldview that transcends and includes earlier stages, enabling us to participate more fully in the *shift in consciousness—the momentous leap in human evolution now underway*.

1. **The Sensory Self:** The World is You
2. **The Magical Self:** Join with Sacred Forces
3. **The Ego Self:** Use Your Personal Power
4. **The Conventional Self:** Do What's Right
5. **The Rational Self:** Make Progress with Purpose
6. **The Pluralistic Self:** Manage Multiple Perspectives
7. **The Integral Self:** An Emerging New Worldview

Activities and Learning Methods

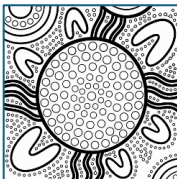
The course workbook is interactive to allow participants to *have* fun and focus on their own experiences and insights. It includes:



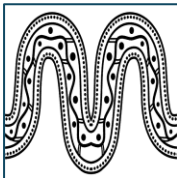
Personal practices to identify and develop your gifts—meditations, habits to address your beliefs and release your fears, dream work, and ways to create a safe space to practice your emerging abilities



Individual and group playtimes to explore fun activities—revisiting past magical experiences, group dream sharing, group tarot readings, other-lifetime encounters, and exploring personal intent, passions, and desires.



Audio-based guided meditations to explore thinking and inner knowing on deepest levels.



Check-In & Support to explore areas in need of attention, and ways to renew parts of us that may have been neglected.

While the course workbook can be enjoyed independently, participants are encouraged to share the journey with a trusted friend or group and/or create a Divine Arts Practitioner group. The material can easily be divided into eight 1½-2 hour weekly, bi-weekly, or monthly gatherings—the first covering the Foreword and Introduction, followed by the seven stage chapters.

If meeting as a group, a coordinator will be helpful to bring people together, encourage participation, and maintain a welcoming space focused on the discussions and activities (especially when exploring *The Magical Self!*). The most important qualification is not expertise, but a willingness to guide, listen, and honor each person's unique relationship with the Divine.

Participants can connect with fellow practitioners through our private Facebook community (visit divine-arts.org for more information).

Joanne Helfrich is an author and channeler whose work explores the nature of consciousness, personal transformation, and continuity beyond physical life. Her groundbreaking *Afterlives* (2021) has been lauded as “a landmark book in the field of afterlife studies.” For more information, visit thewayofspirit.com or email her at jo@newworldview.com.

