



“To get the most out of our live Christian TeleClass, **print this handout** so you'll **be prepared to take notes** on what God reveals to your heart during the class.”

~Ameerah Lewis, Founder and Teacher
<http://www.School-of-the-Spirit.org>

Your Important TeleClass Phone-In Details

- Date:** Thursday, August 21st 2008
- Time:** 8:30pm (Eastern) / 7:30pm (Central) / 5:30pm (Pacific)
[Click here to find your local time](#)
- Phone-In #** 1-419-400-0203
- Passcode:** 691988#
- Attend Online!** <http://Reach.School-Of-The-Spirit.org>
- Focus:** “How to Control Your Mind and Stop Letting It Control YOU!”
- Duration:** 1 hour (approximately)
- Feedback:** To offer your heartfelt testimonial after the TeleClass, visit:
<http://feedback.School-Of-The-Spirit.org>



You're Invited!



Let's Celebrate God's Promises!

What: *The School of the Spirit Celebration* -
Free Classes, Videos, Inspiration, Fellowship, and FUN!

When: Now Until Our Sept. 11 School of the Spirit Grand Opening!

Where: On YOUR Computer!

Why: To Celebrate God's Promises and Provision for His children!



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<http://celebrate.School-of-the-Spirit.org>

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Your TeleClass “Notes Sheet”

1) Gaining Focus - I would like to know how to focus better. My mind is all over the place constantly, and I feel out of control and frustrated. My thoughts are never where they're supposed to be and I want to know how to stop and redirect.

Notes:

2) Releasing Hurts - How do you let go of the anger and walk in God's mercy and forgiveness?

Notes:

3) Mental Strongholds - How do you tear down strongholds that try and keep you from drawing closer to God, such as depression, anxiety, having family that always talks negative, ect...?

Notes:

3) The Battle For Your Mind - How do I develop that true intimacy with God when the I have this battle going on in my mind that makes me feel that I am not as close to God as I true want to be in my heart and mind. I pray constantly for a mind that's stead on God.

Notes: