**Course Title:** Writing: A Pathway to Self-Awareness

**Instructor:** Dr. Kent Rautenstraus

“Piano Guy” Dr. Kent Rautenstraus, Music Director Emeritus of Mile Hi Church and a professional musician featured at the White House, loves the art of writing! A Journalism major in college, Kent has written 30 feature articles for the Science of Mind magazine that brings forward potent life principles through the examination of someone’s personal experiences. An engaging and knowledgeable facilitator, Kent has interviewed spiritual leaders from across the world, and facilitates classes on Creativity, the Power of Music, and harnessing Curiosity, Questions, and Writing as Spiritual Tools.

**Course Times:** Mondays 9:30-11:30 (Sept 16-October 7, 2019)

**Course Location:** Ruffatto Hall, Room 204

**Course Description:**
The quote, “I write because I don’t know what to think until I read what I say,” sums up this fast-paced, interactive four-session workshop about the power and potency of writing as a pathway to self-awareness. Be prepared to reveal the story of a lifetime- ours! Discover how writing prompts can bring renewal to our dynamic and often complicated lives and also great joy and meaning to the human journey. Class members will be encouraged and nurtured to open their heart and soul through a variety of engaging writing processes – from journaling to writing unforgettable notes and letters to loved ones. Throughout this class, beautiful recorded music will be shared as an accompaniment to certain writing processes, as Instructor Dr. Kent Rautenstraus is both a published writer and a professional pianist, who recognizes the power of writing and music to transform and renew lives.

**RECOMMENDED BOOKS OR MATERIALS** *(note if they will be supplied by instructor):* A journal is suggested. Handouts will be provided in class.