

# Applied Spirituality™ Overview

When ordinary people are ready for real change, Applied Spirituality is the lighthearted *teaching* and a natural *practice* that empowers you to purposefully transform the way you feel and experience yourself, your value in the world and your life. And by the way, it is REALLY fun.

## For All People

Religious or not, spiritual or not, scientific or not, novice or master; Applied Spirituality is for all people. It is a complete practice which supports a lifetime of adventures and will see you successfully through all stages and challenges.

## What is it?

Applied Spirituality can be considered a science, art, discipline and a practice. The basis of Applied Spirituality is the fact that something created all life including humans. You may refer to this 'something' as God, Creator, Life, the Universe, Source Energy or any number of different names. We refer to it as the Creative Principle of the Universe or CPU for short.

Each human has an inherent and natural connection with the CPU that enlivens, guides, and is the opportunity for a fulfilled life. This nonphysical spiritual connection comprises 96% of who we are; the other 4% is our physical, material body.

Applied Spirituality reminds how to recognize your internal guidance from the CPU within your human, physical body here on earth. It assists you to learn or remember Who You Really Are so that you may uncover your real authentic life and the path that would bring you your greatest joy, happiness and fulfillment. Applied Spirituality then teaches you how to focus in order to intentionally create the life adventure you want.

Learn how you can transform your life at <http://www.appliedspirituality.com/getting-started/>.



# Applied Spirituality™ Kathy Kirk Biography



Kathy Kirk has led both an 'ordinary' and an 'extraordinary' life. At first glance, her background as an entrepreneur and mother living in the Midwest may sound like someone you know. Yet during the past 25 years she has been developing and evolving teachings and principles to help all people live life to the fullest. In every activity, her focus has been observing the human Spirit and its interface, application and effectiveness in the individual Life on Earth.

Applied Spirituality™ was born from research, observation, personal experiences, meditation and Kathy's own spiritual journey. She has exhaustively observed the world's various religions, and studied many spiritual teachers. What she was looking for was not unique to one religion, however, but a simple, effective teaching that could be applied by all, regardless of religion. For seven years in her jeep, Kathy traveled extensively the United States to observe people and conceive the idea and principles of Applied Spirituality. She meditated and reflected on all that she had learned and found the words to explain Applied Spirituality to the world.

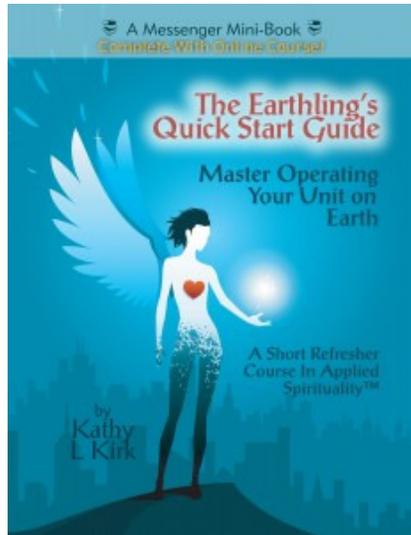
Her first book, ***The Earthling's Quick Start Guide: Master Operating Your Unit On Earth*** is Introduction to Applied Spirituality written for all people to learn and apply to their own lives. The book functions as a user's manual and comes with a complete online, interactive course. Kathy's second book, ***Well Done*** chronicles owning and operating her successful restaurant, Chelsea Garden, in Solana Beach, CA. It is as a story of an ordinary life transformed using the principles of Applied Spirituality. The forward of ***Well Done*** is written by Dr. Ken Blanchard. Both books and online courses can be found on her website at [www.appliedspirituality.com](http://www.appliedspirituality.com).

In addition to her books, Kathy is a contributing editor to Women's Radio and a contributing writer to Kinetics Magazine. She is an expert author with ezinearticles.com and her two blogs, **A New View** and **A New View of Things** for The Cleveland Plain Dealer.

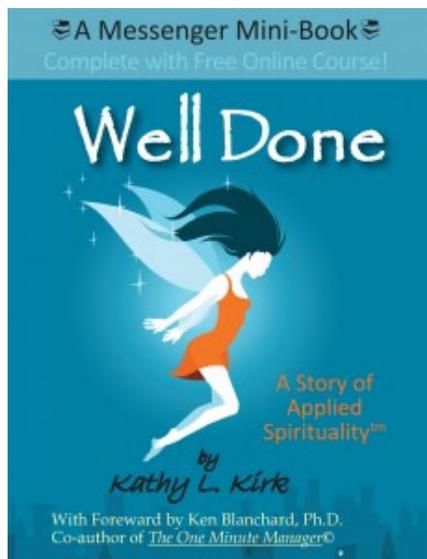
Kathy is an accomplished speaker and has her CTM (Competent Toastmaster), ATM (Able Toastmaster) Bronze and Silver Certificates of Achievement with Toastmasters International. She has conducted workshops and seminars on Applied Spirituality with civic groups, private groups, colleges, businesses, nonprofits, and government. Kathy is available for public speaking events and also gives seminars, teleconference classes and individual coaching. Kathy can be reached online at [www.appliedspirituality.com](http://www.appliedspirituality.com) and phone at 619-445-0972.



## Applied Spirituality™ Books



**The Earthling's Quick Start Guide** is the book that will get you up and running! A powerhouse of a minibook complete with a free online, interactive course for you to personalize as you remember how your Earthly unit works and gain personal self mastery. Short, fun to read, and to the point, this guide will help you re-discover yourSelf and what makes you happy. Regardless of your background of experience with spirituality, this book will help you take control of your life and learn to live fully. 3.5" x 5.5" in size and 84 pages.



**Well Done** is a true story of Applied Spirituality in application in the course of an ordinary life. In this book a Young Woman finds herSelf while opening a restaurant. The online course to Well Done walks you through the practical steps for a radical life change. Foreword by Dr. Kenneth Blanchard, PhD. Co-author of the One Minute Manager® 5.5" x 8.5" and 144 pages.

**"Well Done is a book you won't want to miss if you are interested in being the best you can possibly be and bringing out the best in those whose lives you touch."** – Ken Blanchard

Each book comes with a free online course and is available in 3 different formats: Print Book, eBook (PDF) and MP3 Audio book.

Visit [www.appliedspirituality.com](http://www.appliedspirituality.com) to learn more, purchase both books and get started on your journey!



[www.appliedspirituality.com](http://www.appliedspirituality.com)

# Applied Spirituality™ Top 10 Speeches

## **Do You Remember Who You Really ARE?**

Most popular with people new to spirituality. Category: General Audiences

## **Living An Unconditional Life**

Most popular with those feeling frustrated by other people or circumstances perceived to be outside of their control. Category: General Audiences

## **This Great Experiment in Freedom Called America**

Most popular with those in love with America and those who want to be – again. Category: General Audiences

## **The New Business Paradigm: Inspiration, Innovation and Plenty**

Most popular with entrepreneurs and corporate leaders who think outside the box (or want to) to reach for a better way. Category: Business & Orgs

## **Magnetic Marketing: Never Sell Anything Again**

Most popular with sales and marketing professionals and strategic planners! Category: Business & Orgs

## **The Quality Organization: The New Standard for Success**

Most popular with corporate decision/policy makers, entrepreneurs and leaders. Category: Business & Orgs

## **The New RX for Healing: Holding the Space of Well Being**

Most popular with all healthcare workers that desire the ultimate tool that can elevate the level of care. Category: Healthcare

## **Healer: First Heal Thyself**

Most popular with healthcare workers in both traditional and alternative practices! Category: Healthcare

## **Fear Not**

Appropriate for any religious denomination. Category: Religious Groups

## **Wanna Dance? The Power of Yes**

A humorous yet powerful message for all audiences. Category: Keynote



**APPLIED SPIRITUALITY™**  
life transformation - natural & simple

[www.appliedspirituality.com](http://www.appliedspirituality.com)

# Applied Spirituality™ Speaking Engagement Fee Schedule



Kathy Kirk, the founder of Applied Spirituality, performs compelling keynote addresses, speeches, and workshops. Kathy tailors her speeches to a wide range of audiences and looks forward to discussing how she can make the greatest impact on your organization. For a complete list of speech topics, visit [www.appliedspirituality.com](http://www.appliedspirituality.com).

## Colleges, Civic Groups & Non-Profits

- Up to 1 hour \$1500\*
  - Up to 2 hours \$2000\*
  - Up to 3 hours (or 1/2 Day) \$2500\*
  - Up to 6 hours (full day) \$4000\*
- \*plus travel expenses*

## Associations, Government & Businesses

- Up to 1 hour \$2000\*
  - Up to 2 hours \$2500\*
  - Up to 3 hours (or 1/2 Day) \$3000\*
  - Up to 6 hours (full day) \$5000\*
- \*plus travel expenses*

## "Book One, Gift One" Program

Kathy is dedicated to everyone having access to the life transforming message of Applied Spirituality. For each speech you book, Kathy will offer her speaking services to the charitable group of your choice. Not only will your group benefit from Kathy's life-changing message, but you can also give that same opportunity to another organization.

