



King's House at the
NATIONAL SHRINE of
OUR LADY of the SNOWS

Day of Reflection with
Paul Coutinho

Living in Freedom: Letting Go of Desires for Inner Peace



Wednesday, April 9, 2025 | 9:00 am – 3:00 pm

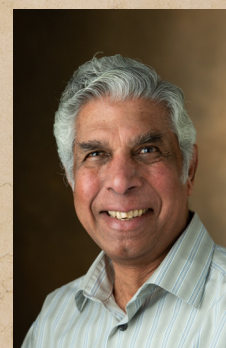
Shrine Visitors Center | Cost: \$60 (lunch included)

Living in Freedom: Letting Go of Desires for Inner Peace

Discover the path to true freedom by exploring the transformative power of desire-free living. This reflective journey examines how releasing attachments can cultivate profound inner peace and liberation. Consider whether desires can truly be transcended and gain practical insights for embracing a life of simplicity and spiritual freedom. Step into a space of clarity and serenity as you uncover the key to living in harmony with your truest self.

Paul Coutinho is a recognized international scholar, speaker and spiritual guide who blends spirituality with psychology and Eastern wisdom with Western spirituality. He regularly conducts workshops, retreats and spiritual direction sessions, addressing the heart's relentless quest for the Divine and the desire to live life to its fullest. Paul has pursued doctoral studies in Psychology and holds a doctorate in Historical Theology from Saint Louis University, where Ignatian Spirituality was at the core of his studies.

He is the author of several books, including the award-winning *How Big Is Your God? The Freedom to Experience the Divine* and his latest work, *Awaken to the Divine: 52 Contemplative Reflections to Transform Your Spirit*.



To register: <https://kh.snows.org/events/freedom2025/> or call 618-397-0584.