



Dear Spiritual Exercises Group,

You will be added onto the Soul & Science site within the next hour and will be receiving emails from our WordPress and Tutor LMS systems. Once you receive your Being with Pain series enrollment email, navigate to <https://soulandscience.org/dashboard/> and click on **Forgot Password?**. On the next screen, enter the same email you used to for this Group communication and then click **Reset password**. You will then receive a Password reset request email (it may take up to 10 minutes). Please make sure to check your Spam folder. Click on the **Click here to reset your password** link and enter a new password. You'll then be taken to your Dashboard page.

Once logged in you'll be able to access the Being with Pain series. Just click on the **Enrolled Courses** button on the left menu and then the **Start Learning button**.

If you have any questions or need further assistance, just reply to this email. (m.mejia@sacredartofliving.org)

Happy Learning!
Michelle Mejia
