

Please join us for
A DAY OF SPIRITUAL EXPLORATION



Are you
everything you
want to be?

Enjoy interactive workshops, a Spiritual Exploration Fair, and an uplifting and inspirational program. You are invited to join in any of the free activities throughout the day. Everyone is welcome. Bring your family and friends!

Saturday, Sept. 21 • 10:30 a.m.–6:00 p.m.

Albany Veterans Memorial Building • 1325 Portland Ave. • Albany, CA 94706

 **ECKANKAR—The Path of Spiritual Freedom**

Discover techniques to live your full potential—heart, mind, and soul!

SEPT. 21 SPIRITUAL EXPLORATION ACTIVITIES

Saturday Morning

9:00–10:00 a.m. MEETING FOR ALL ECK MEMBERS
Making the Most of the Year of Giving

10:30 a.m.–NOON FAMILY WORKSHOP
Dreams! What Do They Mean?

Saturday Afternoon

1:00–4:00 p.m. SPIRITUAL EXPLORATION FAIR

TOPICS INCLUDE:

Overcoming Fear *Soul Travel: Adventures in the Inner Worlds*
The Power of Dreams *Getting Help from Spiritual Guides*
Tuning In to Inner Guidance *Creating a Life of Purpose*
Gaining Spiritual Freedom *Transforming Your Relationships*
Past Lives, Present Lessons *Health, Healing and Happiness*

ENJOY SPECIALTY STATIONS FOR:

Creativity · Spanish Language · Youth & Family

1:30–2:30 p.m. SOLVING LIFE'S PROBLEMS WORKSHOP

3:00–4:00 p.m. THE POWER OF IMAGINATION WORKSHOP

4:30–6:00 p.m. PROGRAM — *Open Your Wings to Spiritual Freedom*—Join in the FUN as musicians, singers, speakers, and storytellers warm hearts and inspire.

For more information visit

www.SpiritualFreedomCA.org or call (877) 504-6364