

School For Self Knowledge

*'Self Knowledge is realizing the truth
underlying all and everything'*

A **nine-week practical course** for those who desire to discover the truth within themselves, who seek a deeper understanding of human existence and a greater fullness of life. The course establishes a firm basis for clear thought and effective action in daily life, and cultivates the art of joyful living.

Subjects include: wisdom, knowledge, understanding; reason, creativity; levels of consciousness; power of attention; thoughts, feelings, emotions; freedom from the false ego-self and changing states of the mind; our true human nature of inner peace, love and happiness.

Beginning

Canberra City: Level 3
29 Bunda St (former Cinema
Centre) **Tue 11 Oct 10.00am**
Tue 11 Oct 6.15pm

Belconnen: Belconnen
Community Centre Room 1
Swanson Street
Wed 12 Oct 7.00pm

Hughes: Hughes
Community Centre Wisdom
Street (adjacent to shops)
Thur 13 Oct 7.00pm

Enrol on first attendance
Course fee: \$170 (cash or cheque)

For enquiries & enrolments phone (02) 6257 5375 or visit

www.schoolforselfknowledge.org

A non-profit non-religious organisation
GPO Box 3063 Manuka 2603