

School for Self Knowledge

Nine-week course and workshop

Discussions include:

- **What is Self Knowledge?** Who am I is the ultimate question. What is this world, what makes our heart desire truth and our mind seek it and what is the reality behind all these? The practice of 'Being here now'.
- **Wisdom.** Relevance of ancient teachings in today's world. Discriminating the Real from the unreal. Perceiving unity in diversity. Practice of increasing Selfawareness. Inner peace, joy and happiness. Excellence in thought, speech and action.
- **Mind and its functions:** reason, understanding, detachment, concentration, memory, intuition, and creativity. Levels of consciousness. Experience of values and relationships in harmony with true human nature. Insight into our acquired nature. Beauty of existence.
- **Cause and Effect.** Desires and their results. The practice of freedom from identification with our false ego-self, body, senses, and the changing states of our mind. The root cause of human suffering and a rational solution.
- **Attention and its power in practice.** Observing the external world, and our inner world of thoughts, feelings, emotions. The unifying and disruptive factors in life. Self enquiry. Know thyself.
- **Science, religion, spirituality.** A view of the universe and our place in it. Universal Law and the qualities of Nature. The eternal and the transient. The silent witness.
- **Love of Truth, beauty and goodness.** The essential qualities of Truth, Life, Knowledge, Love and Being in our daily life through contemplation and meditation.
- **Self Realisation.** Our natural state of silence, stillness, presence.
- **The way forward.**

Beginning

Hughes

Hughes Community Centre
Wisdom St (adjacent to shops)

Tue 22 July 7.00pm

Belconnen

Belconnen Community Centre
Swanson St, Room 1

Wed 23 July 7.00pm

Canberra City

29 Bunda St (former Cinema Centre)
Level 3

Wed 23 July 9.30am
Thur 24 July 7.00pm

Enrol first class.

Each class approx 2.5 hours. Course fee \$150 cash or cheque.

The *course* is designed for thoughtful men and women who seek a greater fullness of life, a deeper understanding of human existence and the world in which we live, and the art of knowing oneself on all levels.

It establishes a firm basis for stress-free living, clear thought and effective action in our daily life. The scope is comprehensive, highly practical, and refreshingly direct.

The *workshop* provides a practical opportunity to further extend your experience of the subjects discussed in an easy, stimulating, one day programme.

The *School for Self Knowledge* is a wholly independent, non-profit, non-religious organisation established in 1987.

For more information and to enrol visit:
www.schoolforselfknowledge.org
or phone 6257 5375.



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