

Spiritual gold awaits you in your discovery at *“How to Survive Spiritually in Our Times,”* a three-day seminar offered by Eckankar, The Path of Spiritual Freedom, from May 18–20, 2018 at the Mary Winspear Centre in Sidney, BC. Find more information and guest passes at [www.eckankar-bc.ca](http://www.eckankar-bc.ca)

An Eckankar Seminar is a celebration for people of all ages and backgrounds, each taking the next steps in their personal spiritual journey. Enjoy a variety of roundtable discussions, dynamic workshops, insightful talks, and original creative art performances including activities for teens, children, and parents with tots. All events are wheelchair and stroller friendly.

You are warmly welcome to join us for these FREE events at the seminar:

**Experience HU - The Sound of Soul on Friday, May 18, 2018 from 7:00 – 9:00 pm.**

HU is an ancient name for God that has been sung for thousands of years in many lands for spiritual unfoldment. It can uplift people of any religion, culture or walk of life. Some of the many benefits of chanting HU include:

- inner peace and calm
- divine love
- expanded awareness
- spiritual self-discovery and growth
- healing of the heart

Experience a 20-minute HU chant and share in relaxed, spiritual conversation. For further information on the HU, please visit [TheSoundofSoul.org](http://TheSoundofSoul.org)

Drop in for the opening of the creative arts exhibit, ‘Celebration of Light and Sound,’ at 6:00 pm. Meet ECK artists and musicians sharing the inspiration for their creations. Explore Light and Sound activities for the whole family before the evening/Sound of Soul program begins.

On **Saturday, May 19, 2018 from 1:00 – 3:00 pm**, participate in a dynamic spiritual exploration workshop and discussion entitled **“Experience Your True Identity.”** The goal of this workshop is to offer tools and techniques to help you thrive spiritually:

- Discover how **dreams** are a source of inner truth and wisdom
- Explore how to **solve problems** by tapping into the Supreme Creative Force
- Realize you are a unique eternal **Soul**
- Learn how to open your heart to **divine love** and **wisdom**

Pre-registration begins at 12:30 pm. A free copy of the book *“Ancient Wisdom for Today”* will be available for each guest.

Please join us for an exciting spiritual adventure! You are welcome to bring a friend!