

# HOW TO SURVIVE SPIRITUALLY IN OUR TIMES

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## Spiritual Exploration Workshop & Discussion

### Experience Your True Identity

Discover Spiritual Secrets to

- Problem Solving
- Dreams
- Divine Love

## Everyone Welcome

## FREE EVENT

Sat., May 19, 2018

1:00 – 3:00 pm

Registration: 12:30 pm

Mary Winspear Centre

2243 Beacon Avenue

Sidney, BC

Presented by



**ECKANKAR**

*The Path of Spiritual Freedom*

[www.eckankar-bc.ca](http://www.eckankar-bc.ca)

1-800-708-9060

# How to Survive Spiritually in Our Times

Reinvent Yourself  
Spiritually to Thrive  
in a Changing World

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## BC ECK Regional Seminar May 18–20, 2018

- Talks, Workshops, Discussions
- Art Gallery, Live Music, Bookroom
- Youth & Family Program

Mary Winspear Centre  
2243 Beacon Avenue  
Sidney, BC

## OPENING EVENT Friday, May 18

Creative Arts Gallery 6 pm

Main Program 7-9 pm

## Experience HU *The Sound of Soul*

- Light & Sound Exploration
- HU Chant & Quiet Contemplation
- Open Spiritual Discussion

**Everyone Welcome**