



**A STUDY IN SELF-AWARENESS
with Rev Anne Hickey & Ros Goldsbrough (LUT)**

Self-awareness is necessary for a balanced and functioning life. As human beings we are more than just the physical body; we also have spiritual and soul dimensions which are equally if not more important. In this study we will explore various systems and techniques for the development of self- awareness.

Participants will become more aware of

- their attitudes, beliefs and ways of being
- symptoms of stress and imbalance
- healthy responses to stress and imbalance
- how to integrate spiritual principles, maintain balance and honour the many facets of their being

Required texts: *In the Flow of Life* – by Eric Butterworth
Conscious Living: Finding the Joy in the Real World – by Gay Hendricks

Enrolment is by Donation: <https://empowerlifemelb.com/donate-tithe/>
Offerings/donations are gratefully received – Please email us when you have enrolled at: info@empowerlifemelb.com

TUESDAYS Weekly 6pm - 8pm
Melbourne, Australia time
April 6th, 6pm
April 13th, 6pm
April 20th, 6pm
April 27th, 6pm
May 4th, 6pm

SATURDAYS Weekly 9.30-11.30am
Melbourne, Australia time
April 10th, 9.30am
April 17th, 9.30am
April 24^h, 9.30am
May 1st, 9.30am
May 8th, 9.30am