



# How To be Mentally Free

## Weekend Seminar at 5912 Oak Street, Vancouver, BC April 17 and 18, 2010

A lot of info packed into two days but the schedule was planned well. Food was awesome, assistants at the table were awesome.  
~ Sakara

### How To Be Mentally Free

will open the door to new concepts about mental freedom. Freedom is the fundamental urge of all life. In the previous programs you have learned how human mind and human potential can be understood through the Mathematical Principle. In **How To Be Mentally Free**, you will gain a broader understanding of the subtle influences affecting mental balance and harmony. You will be given the tools of mind management that will make a positive difference in your life.

The **How to Be Mentally Free** seminar will give you the principles of mental evolution and the process of reducing the influence of emotion upon the mind, increasing the understanding of the Spiritual Principle of life, and establishing the mind's role of becoming the complete channel for Consciousness.

### You will learn:

- \* How mind can be balanced to bring about constructive changes
- \* The steps to unfold your spiritual potential
- \* How to direct the body's vital forces to build a strong mind
- \* The origin of thought and the building blocks of mind
- \* The reason for mental confusion and the steps to eliminate it
- \* The power of deep breathing to build the physical vitality, mental clarity, and spiritual purpose
- \* How to establish an objective perspective toward life and people

...and much more

### Weekend Schedule

#### Saturday

8:30-9:00 am  
Registration and  
Continental Breakfast  
9-12:30 pm Class  
12:30-1:30 pm Lunch  
1:30-4:30 pm - Class

#### Sunday

8:30 am - Continental  
9:00-12:30 pm Class  
12:30-1:30 pm Lunch  
1:30-3:30 pm Class

**Course benefits:** personal instruction, video presentations, interaction with instructors and representatives. Your study materials include a course binder, lesson material, workbook, and set of CDs.

**Call 1-866-489-1188** (toll-free in North America) or 604-263-9551 to enrol in **How To be Mentally Free**. Ask about our discounts and payment plan. We look forward to sharing the benefits of these principles with you. If already enrolled, this seminar will enhance your home studies.

*How To be Mentally Free* is a learning program presented by the Society of Kabalarians of Canada



### Weekend Seminar Registration

Course Location	Seminar Date	Registration Deadline	Fee if you are currently enrolled in <i>How To be Mentally Free</i>	New Enrolment Fee <i>Healthy Living</i> a prerequisite
5912 Oak Street Vancouver, BC Canada	April 17 and April 18, 2010	April 10, 2010	\$45.	Regular Price <b>\$450</b> Member Price <b>\$400</b>

Names: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email address: \_\_\_\_\_

Enclosed is my payment of \$\_\_\_\_\_ payable to the **Society of Kabalarians of Canada**. (Payment plan available.)

Cash     Cheque    Card Number: \_\_\_\_\_    Expiry: \_\_\_\_\_  
 Visa     Mastercard  
 Amex     Discover    Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

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**Fax back to 604-263-5514 or call 604-263-9551 or Toll Free 1-866-489-1188 for details.**