

Freedom is having optimum health, happiness, and harmony in every phase of your life.



How to be Mentally Free

Where: 1160 West 10th Avenue, Vancouver, BC

When: May 5 and 6, 2018

- ◆ **Be happy! Be logical.**
- ◆ **Realize the importance of deep breathing.**
- ◆ **Understand the influence of mass-mindedness.**
- ◆ **Maintain your mental freedom and peace of mind.**

Logical thinking creates individuality and freedom from mass-mindedness and obsessions. How can logical thinking be developed? That is the key to mental growth.

You have learned the fundamental truths of life such as the Mathematical Principle, the cleansing diet, the power of breathing and relative breathing exercises, constructive thinking, the control of emotion expressed through such avenues as temper, moods, criticism, jealousy, ego, selfishness, the purpose and ideal of the individualized spark of Consciousness, and the universality of all things as symbolized in *One Breath, One Life, and One God Principle*.

Now is the time to take the impressions, experiences, and decisions within your life and relate them to the fundamental truths that you know are basic and correct. Analysis is the means of sorting out life and clarifying one's perspective of the larger picture of which you are a part.

You will understand the origin of thought and the building blocks of mind. You will have the tools at your fingertips to eliminate confusion and unhappiness. You will know how mass-mindedness is created and avoid its many pitfalls.



**** Seminar Highlights ****

- ◆ Video presentations, personal instruction, and interaction with instructors and assistants in a work group setting.
- ◆ Understand the power of breathing to maintain mental freedom, relaxation, and peace of mind
- ◆ Find out how your thoughts and feelings are influenced by mass-mindedness
- ◆ Learn how to apply your new-found knowledge to maintain your individuality and to reach spiritual fulfilment.
- ◆ Enjoy the home-cooked meals!

Seminar hours: Saturday, May 5, from 8:30 am to 4:30 pm; Sunday, May 6, from 8:30 am to 3:30 pm

How to Be Mentally Free is a learning program presented by the Society of Kabalarians of Canada.

Mail to: Society of Kabalarians, 1160 West 10th Avenue, Vancouver, BC V6H 1J1 or **Email information to:** info1@kabalarians.com

Registration

Registration deadline is May 1, 2018. Call 1-866-489-1188 for faster enrolment. Seminar fee if you have not previously enrolled - **\$290** (includes online training, administration fee, and a workbook). Payment plans available. Already enrolled? Come for a refresher. Administration fee for the weekend is \$95 and includes a new workbook. *Prerequisites: Life Analysis Training, Cycle Management Training, and Healthy Living.*

Name _____

Address _____

Telephone _____ Email Address _____

Enclosed is my payment of \$ _____ payable to the **Society of Kabalarians of Canada**

Or charge my: Visa MasterCard Amex Discover Card No. _____

Exp. Date _____ Name on card: _____

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