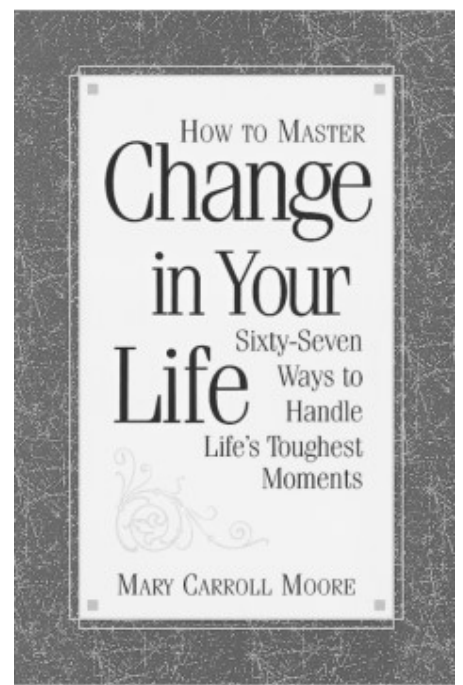

HOW TO MASTER CHANGE IN YOUR LIFE



A FREE ECKANKAR WORKSHOP TO HELP YOU HANDLE LIFE'S TOUGHEST MOMENTS

***Saturday, 19th June 2010
2.00pm – 5.00pm***

***Venue: London ECK Centre,
Thrale House, 44-46 Southwark
Street, London SE1 1UN***

***Transportation: London Bridge
Underground station exit
Borough High Street (West)
Or Bus 343, RV 1***

***Contact:
For more information please
call David on 0750 8001301***

What is the secret of mastering change in your life? You can find out during this workshop which is based on the book *How to Master Change in Your Life*. People of any religious background are invited to this active and exciting workshop on handling change from a spiritual perspective.

You will also learn about:

- ❖ Four stages of spiritually successful change.
- ❖ Spiritual techniques to get divine help.
- ❖ Goal setting from the inside out, rather than the outside in.
- ❖ How to gather spiritual tools to handle future changes with grace and enthusiasm.

Based on the teachings of Eckankar, Religion of the Light and Sound of God
Visit Eckankar's Web site at <http://www.eckankar.org.uk>