



THE MIND & ITS MYSTERIES



By

Rosemary Butterworth

**AN 8 WEEK PRACTICAL COURSE
ON**

How to Live in the Now.

“Being aware that I'm not aware makes me aware!”

When we are thinking, we are not conscious. When we are not conscious we cannot make a conscious choice. Our lives are being run by our Lower Mind (ego). We keep repeating the same situation over and over again because the choices we make are not made by our soul but by our ego.

In this course you will:

1. Learn the functions of the Lower Mind, what keeps you limited and small.
2. Practice Awareness & Mindfulness Meditation
3. Practice connecting to Higher Vibrations.

The theme of this term is – *Thinking with no thoughts – Beyond Mind.*

Learn how when Truth rises so does Untruth. It takes effort to stay present and aware. Come along and become aware of yourself and discover how easy it is to connect to your soul.

Where: Crows Nest Community Centre

Wednesday Evenings: 7.00 – 8.30pm Begins: 22nd April, 2009

Cost: \$225 for 8 sessions.

Bookings & Enquiries: The Southern Cross Academy of Light (02) 9975 4905

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