



YOUR mind YOUR medicine



THE 5 SPIRITS

31 JANUARY 9.30AM-1.00PM

According to the sages of Oriental Medicine, in order to restore balance and harmony it is necessary to assemble the 5 spirits. The spirit of Wood emerges as the messenger of soul's purpose. The spirit of Fire awakens compassion. The spirit of Earth engenders integrity. The spirit of Metal conjoins the soma (body) with the psyche (mind), and the spirit of Water aligns purpose with will.

In this seminar, you will learn how to:

- Identify imbalances in the 5 spirits
- Prepare strategies to supplement energy deficiencies and shift stagnation
- Apply practical solutions to daily life problems
- Develop a platform for the enjoyment of true happiness and contentment

Tickets \$55

Bring 2 friends and receive 30% off each ticket

Crows Nest Community Centre
2 Ernest Place Crows Nest

THE 9 SECRETS OF THE I-CHING

01 FEBRUARY 9.30AM-1.00PM

The I-Ching remains the definitive source of Oriental wisdom and personal cultivation. Written by the sages as a guide to enlightenment, the I-Ching is alive with the spirit of freedom and leaves no stone unturned in an attempt to clarify the journey of soul while living in the world.

In this seminar, you will learn how to:

- Identify the 9 energies responsible for restoring personal balance and harmony
- Establish reference points for personal growth and development
- Explore procedures for unifying the 9 energies
- Prepare strategies for implementation

Tickets \$55

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