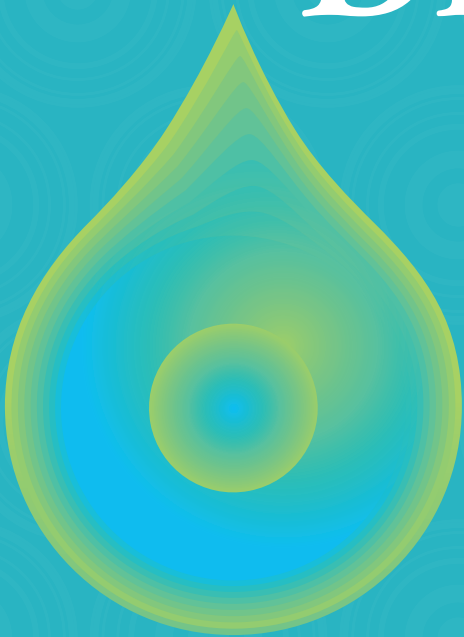


Discover *your* Spirituality

AN INDEPENDENT SEARCH FOR THE TRUTH



A unique experiential course to develop spiritual **intelligence** and harness spiritual **power**.

COURSE STARTS
SUNDAY
23 AUGUST

Gain the skills to go beyond conditioned thoughts and fears to abundance, love, compassion, generosity, forgiveness and service.

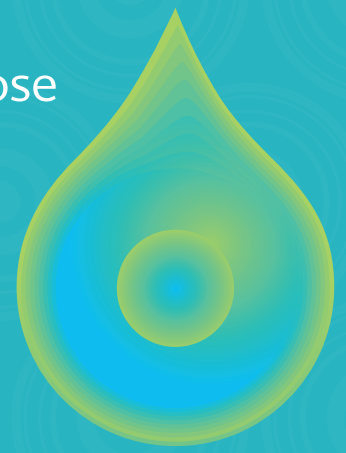
To enrol or for more information visit
www.thealignmentgroup.com/DYS

or contact course co-ordinators:

Erica Bagshaw 02 9923 1852
Andy Amos 0403 101 164

Course venue: Alexandria Town Hall, 73 Garden St, Alexandria NSW 2015

Spirituality is the search for meaning and purpose in life. To understand the mysteries of creation, we must first understand ourselves and our spirituality through the development of spiritual intelligence.



Our spiritual intelligence empowers us to raise our consciousness sufficiently to recognise our spiritual assumptions and to adjust them to the changing conditions of our lives.

The spirit of exploration and the independent search for truth are the most essential forces behind the evolution of intelligence. The power of discovery is a force of nature that evolves within all living creatures — seeking ways to create awareness through our senses, feelings and spiritual capacity.

Each impulse towards the independent search for the truth has the potential to take us outside the realm of our conditioned thought and emotion — beyond the domain of the mind that is dominated by habitual expectation, conditioned response and behaviour.

According to most spiritual schools, some essential life skills are necessary to harness spiritual intelligence. Through developing mental abilities such as:

Self-Respect: When you can view yourself from different perspectives you develop a greater awareness of who you are and how to become the person you desire to be.

Concentration: One of the secrets to success in the business world, the field of education, for artists and musicians, and for anyone who wants to understand commitment.

Listening: The ability to listen to your inner-self through meditation

can create a stilled mind and a calming presence for others. Listening to the inner-self enables us to listen to other people. Good listeners are great marriage partners, wonderful parents, sought-after employees, excellent employers, compassionate friends and wise counsellors.

Reasoning: This skill is built through developing memory, attention and imagination. Learning to discern cause is a function of reasoning. A good reasoner can learn from any experience, can produce growth and understanding, and is able to become healthy, wealthy and wise.

Intuition: True intuition is the direct grasp of truth. It is the ability to draw from the subconscious store of understanding and wisdom, the “teaching from within”.

Imagination: Gives you the ability to improve yourself and your life and to create new ways of being.

Memory: The ability to strengthen memory saves time, aides relaxation and helps you to learn from the past so that you can live a better present.

Health Creation: Learning the progressive evolution of the brain and behaviour will assist to create change with purpose in body and mind.

Dream Interpretation: Dreams are messages from the subconscious mind concerning the dreamer’s state of conscious awareness. Learning the language of the soul will accelerate spiritual learning and growth.

Breath Work: Conscious breathing is the ability to give and receive

energy. We can learn to be more balanced, more energised, more relaxed and to become aware of the self that exists beyond the physical body.

Heart Intelligence: This is an awareness of goodwill and an emanation of love towards everything we encounter. It is a means of expressing our humanity.

Enhancing your spiritual capacity allows you to become more successful and prosperous in every area of your life and in your search for truth.

The truth you discover is relative to your individual state of mind and awareness. These tools are based on scientific research and are rooted in principles that apply to anyone, any time and anywhere.

They can be applied towards enhancing and creating:

- > **Health and healing**
- > **Service and consultation**
- > **Detachment and sacrifice**
- > **Words and deeds**
- > **True freedom**
- > **Prayer and meditation**
- > **True happiness**
- > **Balanced relationships**

They can help you overcome your fears and prejudices.

Mental exercises and spiritual disciplines accompany each lesson, enabling the participants to build and refine their ability to ask questions and answer them.

Each participant will progress at their own rate.

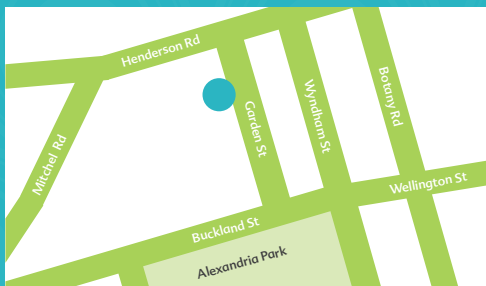
Discover **Your Spirituality** will provide you with powerful tools to harness your spirituality, heighten your consciousness and accelerate your soul's capacity to progress.

Our spiritual belief system is rooted within the various religions. Religions provide opportunities to learn from ancient wisdom and teachings. With the right perspective on religion we can be inspired to broaden our journey of spiritual exploration. Different religions and their progressive revelations will be explored in relation to the development of human consciousness.

COURSE STRUCTURE

Cost: \$88 (this is a not-for-profit course)

Venue: Alexandria Town Hall
73 Garden St, Alexandria NSW 2015



Course Dates:

Session 1:	Sunday	August 23	9am - 5pm
Session 2:	Sunday	September 6	12pm - 4pm
Session 3:	Sunday	September 20	9am - 5pm
Session 4:	Sunday	October 18	12pm - 4pm
Session 5:	Sunday	November 1	9am - 5pm
Session 6:	Sunday	November 22	9am - 5pm
Session 7:	Sunday	December 13	9am - 5pm

Because each session builds upon the next, attendance is required at all sessions.

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About the Presenters



DR REZA SAMVAT

Key Presenter

Dr Reza Samvat is a holistic chiropractor with 20 years experience in advanced metaphysics, personal development and clinical observation into the relationship between consciousness, the brain, mental attitude, health and disease.

1991: Founder of the **Mechanics of the Mind** organisation in Adelaide. A three-stage experiential study in understanding spirituality.

1998: Founder of the **Sustainable Transformation Health Coach Program**, assisting individuals to create a state of balance between mind and body.

2003: Founder of **Sleep4Health** clinics in Australia with a natural and holistic approach to sleep difficulties.

Dr Samvat is an international speaker and has served as a corporate health consultant to companies throughout Australia. He has studied, researched and taught the relationship between consciousness, the brain, and mental attitudes in relation to health and disease for more than 20 years.

Dr Samvat's most recent research and writing focuses on the fields of sleep and insomnia and the relationship they have to our well being.



ERICA BAGSHAW

Co-Presenter

Discover Your Spirituality will be co-facilitated by Erica Bagshaw and her team. Erica has been a student of Reza's for 16 years and is a teacher of metaphysics, Reiki, meditation and personal development.

Erica is a specialist in stress management with a corporate background. Through years of practice and working with hundreds of clients and students, Erica has developed an invaluable depth and breadth of experience in this field. Erica is also a qualified NLP coach and licensed **HeartMath** practitioner.