

# Life Guides 2019

## Sat 12<sup>th</sup> Jan – Dealing with Depression (\$10)

We all have sufferings and troubles in our life, the questions is how we allow them to affect us. Depression can be overcome by altering our view of life.

## Sat 9<sup>th</sup> Feb – Dissolving Relationship Issues (\$20)

Relationships are the most wonderful and frustrating things we face in this world. Issues crop up constantly due to various issues, but we can dissolve issues and build strong relationships with understanding.

## Sat 9<sup>th</sup> Mar – What is Karma? (\$15)

Karma is something we all hear about, but have different understandings of. How does Karma affect our lives? Where does it come from? Can we control it?

## Sat 13<sup>th</sup> April – When Does the Soul Feel Joy? (\$15)

Have you ever felt a moment of pure joy? Our souls crave joy, it's like sublime food for them. So how can we achieve this true joy?

## Sat 25<sup>th</sup> May – Gratitude in the Modern Age (\$15)

Buddha talked about gratitude. It is one of the great tools we have in this world that leads to forgiveness. Has Gratitude changed over the centuries since then? Is the gratitude that Buddha spoke about still relevant in our modern society?

## SUNDAY 23<sup>rd</sup> June – One Source, One Planet, One People – The Truth of Life on Earth (State Library of Victoria, \$50 – reservation req.)

Where did we come from? How do we fit into the grand scheme of the Universe? Are we really that different from one another? So many questions abound around life, but what is life on Earth really about?

Titles subject to change without notice.

Venue (unless stated) (Limited seating available):

Happy Science Study Centre  
398 St Kilda Rd, St Kilda  
03 9537 0047  
Melbourne@happy-science.org

