

Life Guides 2019

All start at 1pm (unless stated)

Sat 19th Oct – What is the Unhappiness Syndrome? Are You Unhappy? (\$15)

Everyone has struggles in their lives, we have habits and tendencies that are more aligned with unhappiness, rather than happiness. This is the Unhappiness syndrome and we can take charge of it and change it into the Happiness Syndrome.

Sat 9th Nov – Conquering Addiction; Getting Your Life back on Track (\$15)

Addiction is everywhere in our lives; gambling, smoking, drinking, smart devices, TV, Social Media. These are all part of Love That Takes. Let's come together to overcome our addictions and change Love That Takes into Love That Gives!

SUNDAY 1st Dec 1:30pm – Abandoning Attachments; Gaining Peace in Your Life (**\$50** venue to be announced)

Attachments are like anchors dragging us down and holding us back. They are things/people/status that we obsess over. The more that we have, the more that we are held back, dragging excess weight behind us. Yet we have the ability to remove these attachments and to live freely, moving forward with our lives, light and free.

Titles subject to change without notice.

Venue (unless stated) (Limited seating available):

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