

FREE Workshop! Saturday, June 15, 2–4pm
Sulzer Regional Public Library • 4455 N Lincoln Ave • Chicago IL 60625

“The true reason for spiritual enlightenment is not to escape from life but to learn how to live it richly, to enjoy it.”

—Harold Klemp, *ECK Wisdom on Conquering Fear*

Spiritual Exercises **to Loosen the Grip of Fear**

Where does fear come from? • Could you have fears carried over from past lives? • Experience simple techniques to help let go of fear and enjoy greater balance and freedom.

- Practice simple **spiritual exercises** and gain **insights** to help you conquer fear.
- Move more confidently toward your **goals and dreams**.
- Learn about **HU**, an ancient name for God that can help you align consciously with the most sacred part of yourself.
- Receive **two free booklets** designed to answer your questions:
ECK Wisdom on Conquering Fear and
ECKANKAR’s Spiritual Experiences Guidebook (with CD)
both by Harold Klemp

In AUDITORIUM to left of Main Lobby—ALL ARE WELCOME!

www.eck-illinois.org www.eckankar.org www.hearhu.org

Sponsored by ECKANKAR, The Path of Spiritual Freedom.
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