



# 'SPIRITUAL TOOLS FOR MASTERING LIFE'S CHALLENGES'

An Afternoon Seminar for Spiritual Seekers  
Sponsored by **ECKANKAR Canada in Ontario**



SATURDAY, OCTOBER 1, 2016

1:00 TO 5:30 P.M.

FIRST UNITARIAN CONGREGATION, 30 CLEARY AVENUE, OTTAWA, ON

SUGGESTED DONATION: \$30

**FREE TO GUESTS AND NON-MEMBERS**

Come enjoy an afternoon featuring spiritual talks, panels, and a special workshop to:

- ✧ Learn how the power of HU can help you lead a happier life;
- ✧ Find out how the creative process can help solve life's problems;
- ✧ Discover how dreams can be an important tool in mastering life's challenges;
- ✧ Learn how to work with the Law of Attitudes and with your inner guidance.

**INFO: 1-866-426-7685 or [www.eckankar.ca/ottawa](http://www.eckankar.ca/ottawa)**