

Discover the Expanded Awareness of Soul Travel

- A Free In-Person Spiritual Discussion -

Soul Travel is the Doorway to Higher Awareness

Enjoy the divine love and freedom that are your spiritual birthright! Learn about daily practices called *spiritual exercises* that can provide you access to your own inner worlds and guidance for everyday living.

In this lively session, we'll explore techniques to:

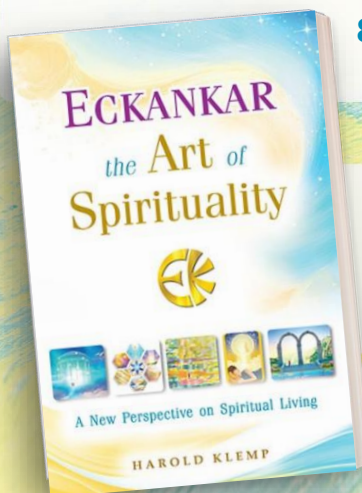
- ❖ Travel to your *Inner Worlds* during sleep,
- ❖ Understand the meaning of dreams & other inner experiences, and
- ❖ Go beyond prayer & meditation to a high state of *Seeing, Knowing* and *Being*.

All attendees will receive a copy of the books *ECKANKAR—Key to Soul Travel* and *ECKANKAR: the Art of Spirituality*.



Wednesday, August 19th – 6:30pm to 7:30pm
Bowman Library – Meeting Room

871 Tasker Road, Stephens City, VA 22655



Free Book and Experience Journal

For more information: <https://eck-va.org>



**ECKANKAR, the Path
of Spiritual Freedom**

