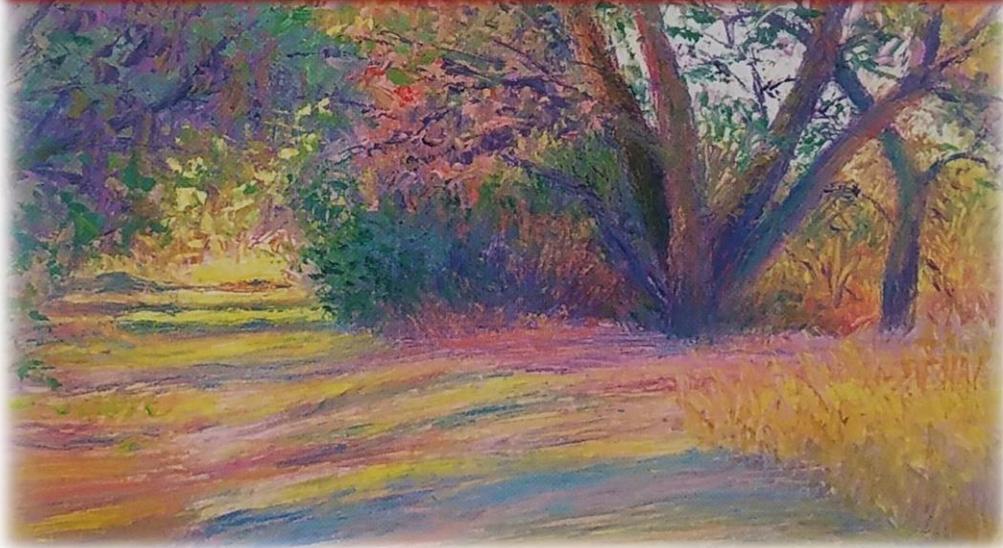




SEMINAR FOR SPIRITUAL SEEKERS

Discover the Road to Spiritual



Sponsored by

ECKANKAR Canada in Ontario

Saturday, September 28, 2019

11:00 a.m. to 5:30 p.m.

30 Cleary Avenue (*First Unitarian Congregation Bldg.*), OTTAWA, ON

Suggested Donation: \$30

FREE TO THE PUBLIC

Life can be an adventure of discovery, joy, and satisfaction. If true freedom is what you are seeking - from limitations put upon your heart, mind, and spirit - then come discover how you can earn it. Come enjoy a day in the loving company of like-minded Souls and learn through talks, panel discussions, a workshop, and creative arts how you can attain spiritual freedom.

- Experience the wonders of the HU Chant followed by relaxed spiritual conversation;
- Learn about tools that reveal the secret path to God;
- Discover how you can shape your future through self-responsibility;
- Learn how inner guidance, dreams, and insights from daily life, can open your heart to a new state of consciousness...and much more.

For more information: www.eckankar.ca/ottawa



You Are Warmly Welcome...

The **Ottawa Eckankar** community is delighted to invite you to its annual **Day Seminar for Spiritual Seekers and members of Eckankar** on **Saturday, September 28, 2019**. This is a wonderful opportunity to meet other spiritually minded individuals and seekers of truth and to learn about the tools to spiritual freedom.

The theme of the Seminar is:

DISCOVER THE ROAD TO SPIRITUAL FREEDOM

The event takes place at **30 Cleary Avenue** (*First Unitarian Congregation Building*), **Ottawa, Ontario**
From 11:00 a.m. to 5:30 p.m.

Are you everything you want to be? You came into this life to spread your wings and live in freedom – heart, mind, and Soul. Through the various talks, a workshop and spiritual exercises during the seminar, you will learn about keys to embrace the highest expression of who you really are; discover techniques to tap into the divine Life Force for unlimited creativity and problem solving; and learn about new paradigms to reveal the power of loving yourself, God, and all of life.

Experience the most sacred mantra in the world, HU, a love song to God, and see how it can help you to open your heart more fully to the uplifting presence of God. Discover spiritual tools learned in Eckankar including special words, sounds, and spiritual exercises that reveal the secret path to God. Learn how troubles are part of the divine plan for us to gain wisdom or a change in consciousness so we can know who we are: Soul. Learn about the first step to spiritual freedom: self-responsibility. Discover how moving beyond your “limitations” can bring liberation.

The program contains talks, panels, a workshop and creative arts. The Seminar also includes a Sound of Soul activity where you will have a chance to experience chanting the HU Song with a beautiful contemplation seed, followed by relaxed, authentic spiritual conversation.

You are welcome to invite friends, family members, or truth seekers. The event is for people of all faiths. **The Seminar is FREE for non-members.** A donation of \$30 is suggested for members of Eckankar.

For more information or to get a copy of the program,
go to www.eckankar.ca/ottawa.

“The steps to spiritual freedom are these: (1) learn to love yourself, (2) learn to love others (human love), and (3) this will open your heart to love for God. This is the key to spiritual freedom

Your journey to God begins at home.”
Harold Klemp, [The Loving Heart](#), page 96



Discover the Road to Spiritual Freedom

SEMINAR FOR SPIRITUAL SEEKERS

Saturday, September 28, 2019, Ottawa, Ontario

PROGRAM



11:00 a.m. – 12:00 p.m.

Experience HU: The Sound of Soul *(Marina Gomes)*

Come to experience the wonders of HU, an ancient name for God, in a warm and friendly setting, followed by relaxed spiritual conversation. Learn how singing this sacred word can uplift you and bring more love into your life.



12:00 – 1:00

Lunch Break

1:00 – 1:15

Welcome & Introductory Remarks *(MC Andréa Pelletier)*

1:15 – 1:35

What Is Spiritual Freedom? *(Roger Gian)*

Learn how this life is an opportunity to spread your wings by recognizing your true identity, Soul, taking self-responsibility and allowing spiritual freedom for all.



1:35 - 1:55

Following the Secret Path to God *(Jocelyne Durand, Bill Nickle, Ayo Oladiran)*

As a truth seeker, you may have explored many paths to God. The panelists will share how they use spiritual tools learned in Eckankar, including special words, sounds, and spiritual exercises that reveal the secret path to God.

1:55 – 2:05

Creative Arts



2:05 – 2:15

Living the Spiritual Life *(Gabrielle Psootka & Anne Jarcew)*

In the family, we have experiences to learn to give and receive Divine love. We're becoming more purified individuals so we can better serve God and our fellow creatures. Hear stories on how a mother and daughter go about treating all Souls with respect and as divine beings, and in the process grow spiritually.

2:15 – 2:30

Obstacle or Stepping Stone to Higher Consciousness? *(Terry & Cynthia Bosy)*

Troubles, including our quest for healing or better health are part of the divine plan for us to gain wisdom or a change in consciousness so we can know who we are: Soul. The panelists will share their stories about how life, with its burdens, is a treasure. Spiritual advances can be made in troubling times, when we surrender our cares and worries to the Inner Master.

2:30 – 2:50

Self-Responsibility: The First Step to Spiritual Freedom *(Barbara Allport)*

The key to spiritual freedom is self-responsibility. Learn how to put your attention on God using specific techniques which spiritualize your consciousness, and can help you shape your future.

2:50 – 3:10

Break

3:10 – 3:20

Creative Arts



3:20 – 4:35

Interactive Workshop –

Discover Your Divine Purpose on the Road to Spiritual Freedom *(Anne Simon & Michel Daigle)*

When you embrace spiritual freedom, nothing can hold you back from discovering your divine purpose in this lifetime. In this interactive workshop, explore new insights from Harold Klemp's book, *The Road to Spiritual Freedom*.

4:35 – 5:00

Stories from the Heart on Discovering the Road to Spiritual Freedom

(Oyaje Omakwu, Daniel Irvanian, Marie Nickle, Henri LeBlanc)

Hear stories from the heart of the wonderful ways that Divine Spirit works in our lives. There are miracles around us all the time—we need only recognize them.



5:00 – 5:25

Discover the Road to Spiritual Freedom (*Allan Yee, RESA for Ontario*)

Inner guidance, dreams, and insights from daily life, can open your heart to a new state of consciousness. Discover how moving beyond your “limitations” can bring liberation. Spiritual freedom can be yours!

5:25 – 5:30

Closing Remarks (*MC Andréa Pelletier*)