

WORKSHOP: THE PURPOSE AND HEART OF THE

Spiritual Journey

PART ONE: A JOURNEY WITH HEART



Larry Holmes has taught yoga philosophy since 1975. He studied under Baba Muktananda's constant, direct guidance for eight years, travelling and working closely with him on two world tours. During that time, he was the emcee of Baba's programs, a senior teacher, Baba's corresponding secretary, and the director of courses and meditation centers worldwide. He is known for his clear and personable communication style, story-telling, and humor.



"O friend, where are you going? Where have you come from, and what are you supposed to do? You belong to the supreme Truth, but you have forgotten your origin. Now it is time get back on the main road."

Baba Muktananda, *Where Are You Going?*

The sages and scriptures stress that there is one universal purpose in life for all of us: **to awaken to our true Conscious Self**. This is the essence, purpose, and heart of our spiritual journey and practices. However, understanding that spiritual practice is not separate from ordinary life is basic to Baba's teaching. This is why he calls it the "natural" path. He emphasised that, along with the practice of meditation, it is the conscious and constant application of these teachings in daily life that has a powerful influence on our spiritual growth..

SATURDAY, FEBRUARY 29, 2020
10:00 AM – 12:30 PM AT NAMASTE
DONATION: \$25, LUNCH INCLUDED

In this workshop we will focus on:

1. Cultivating a deep understanding of the ultimate purpose of our life.
2. Discovering the real 'Heart' of our spiritual life and process.
3. Integrating spiritual and worldly life.
4. Dealing with apparent obstacles on the path.

The morning session will include a talk, discussion, Q/A, and techniques and practices for staying in the flow of our spiritual journey. Recommended text: *Where are you Going?*, Baba Muktananda. However, no previous experience or study is required.

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