

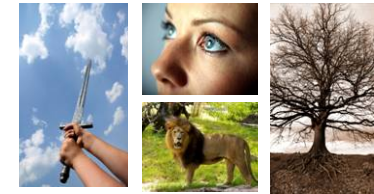


Helen Brown

Helen is married with 2 children. She works as a Jungian therapist, in a creative holistic way. She has facilitated groups and workshops and is interested in promoting personal and spiritual growth.



Symbols, Cycles & Soul



How do the seasons and times of day reflect our inner spirits?

'There is nothing in the world of nature that does not portray something in the world of spirit.'

Swedenborg

- interactive displays
- talk, discussion, and group work using Soul Symbol Cards

Saturday 13th February
10am – 4pm

Venue:
New Church
5 Pembridge Villas
Kensington, London, W11 3EN

All spiritual seekers welcome

Do come and bring a friend

How to get there:

Nearest tube: Notting Hill Gate

Buses 27, 28, 31 and 328 stop outside

Buses 7, 23 and 70 stop close by in Westbourne Grove

*"To see the world in a grain of sand,
and to see heaven in a wild flower."*
William Blake

Are you ever moved by the beauty of a flower or feel in awe of the grandeur of a mountain range or the power of the sea?

We are affected by the things of nature because they are an outward mirror of the inner reality of life. The visionary and spiritual writer, Emanuel Swedenborg, explains that this is because 'there is nothing in the world of nature that does not portray something in the world of spirit.' Ancient peoples were very much in tune with this connectedness between our visible earth and the Divine. Everything in our natural and human world exists because of the inner reality it contains. By tuning into this higher reality we start to open up, enabling more light of understanding to shine through the outward symbol into our own lives.

Aim of the day:

To use the symbols around us to better understand and connect with our soul.

What will we do?

Displays on the spiritual significance of:

- numbers
- colour
- animals
- seasons/day and night



The day will include:

- time to study displays
- talk and discussion on cycles in nature and their meaning for our spiritual lives
- small group work using the soul symbol cards
- guided meditation

Lunch

You are invited to bring food for a shared lunch (drinks provided).

If you would like any further information then please don't hesitate to contact:

Gill or Howard: tel: 0207229 9340

or email: symbols@spiritualwisdom.org.uk

REPLY SLIP:

Please complete and return by **Friday 5th February**

Name.....

Address.....

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Telephone.....

I wish to book places.

Send reply slip along with £12 per person

(student discount/concession £10)

(cheques payable to Spiritual Wisdom)

to: New Church
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