

"KEN TALKS"

Insights Anthroposophy Gives to Understanding Ourselves

Series of Four Talks

Kenneth McAlister MD



Wednesday, May 4, 7:30 - 9 ~ Created and Evolving: Understanding the secrets revealed in the phrase "we are made in the image and likeness of God".

Wednesday, May 18, 7:30 - 9 ~ The Journey of Sleep: What happens in sleep and what is rekindled there as we journey through several different landscapes traced by contemporary sleep studies.

Wednesday, June 1, 7:30 - 9 ~ What is the Matter? The gift of being physical and how this is maintained by the spiritual world through nutrition will be explored from different perspectives.

Tuesday, June 14, 7:30 - 9 ~ The Map is not the Journey: Understanding the dynamics in our make-up is a strengthening first step towards awakening to our true self. Embarking on a meditative life will be discussed as the next step.

This series is relevant to everyone. Come One! Come All!
Knowledge of anthroposophy is not necessary to attend.

Cost: 'Suggested Love Offering' of \$20 each or 'pay what you can'.
Proceeds will go to Kenneth's favourite charity ~ Hesperus.

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Location: **Hesperus Village** ~ Seminar Room
1 Hesperus Road in Thornhill