

HOUSE OF LIGHT, WARWICK

Presents

Les Dyer

Returns to Warwick!

The Power Of Change Through Mindfulness

(based on the ancient Tibetan "Song of Tilopa" and Tilopa's six words for True Mindfulness.)



Les Dyer personally presents two of his most popular transformational programs in Warwick!

Friday 6pm 23rd, All day Sat/Sun 24th/25th February

Friday Night: 6.30-8.30pm

Meditations, mantras & Mordechai Messages.

Les has famously channelled Mordechai for 40+ years now. He is also the creator of several hundred guided meditations (many available as CDs). The evening includes some popular kirtans.

Weekend Program; "The Song of Tilopa"

In today's hectic world Mindfulness is often replaced with "productivity" to the detriment of everyday people. Regaining Mindfulness is absolutely vital if we are to retain the true values of humanity in our everyday life. This deeply powerful program will help remind you of who you really are – and the way forward with peace, calm and fulfilment.

Sunday includes **"Six Words for True Mindfulness"**

1,000 years ago in northern India, Tilopa, a Buddhist Teacher – shared simple truths that resonate with wisdom as much today as when he shared them. Allow them to permeate your being.....and allow true freedom and clarity to enrich your heart and your beingness with sincere joy!

Friday Night: \$20 Saturday Program \$85 Sunday Program \$85 Credit cards welcome.

All Bookings Phone June Deane: 0431 147 847

or visit: House of Light Therapies, 74 Fitzroy St, Warwick

Or Heartland Spiritual Retreat 07 54 816 777 or 0414 524 601

Email: les@lesdyer.com

Venue: Senior Citizens Centre, Warwick