

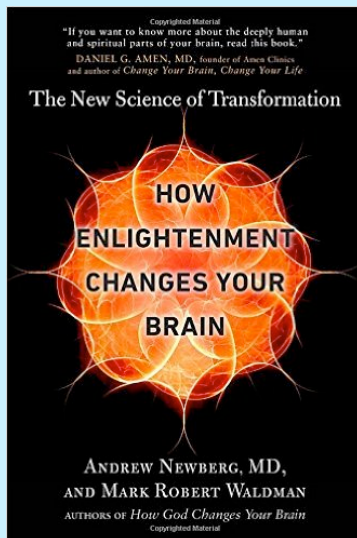


How Enlightenment Changes the Brain: The New Science of Transformation

12 Week Book Study

Andrew Newberg and Mark Waldman studied 2,000 individuals from various spiritual paths around the world who have claimed that they have experienced enlightenment. From their research, surveys, personal interviews, and brain scans, Newberg and Waldman explore in their book how readers can activate and deactivate specific regions in the brain in “enlightening ways”. Participants in this book study will also explore the following:

- ✓ *What enlightenment is and what it feels like***
- ✓ *The spectrum of human awareness***
- ✓ *The five common elements of enlightenment***
- ✓ *How to create more harmony, creativity and joy in your life***



Thursdays

September 15nd - December 8th

1:00 - 3:00 PM

Facilitated by

Angela Denton MA; P.D. MFT; LUT

Cost: Love Offering

Required Book:

***How Enlightenment Changes the Brain:
The New Science of Transformation*
~ Newburg and Waldman**