

A L C H E M Y

DISCOVER WHAT'S AT THE CENTRE

HOW TO BE SPIRITUALLY AWAKE IN THE REAL WORLD WITH TIM FREKE

Join standup philosopher, Tim Freke, who will be sharing groundbreaking ideas and practical wake-up techniques from his extraordinary new book, *How Long Is Now?*, to guide you directly into an ultra-conscious state he calls being 'deep awake'.

When we are deep awake, we no longer just experience ourselves as individuals completely separate from each other, for we become conscious of our deeper nature, which is one with all. This leads to a blissful experience of 'big love' and a passionate desire to fully engage with the adventure of life.

Being spiritual is not just about stepping back, but jumping fully in!



Tim Freke is an internationally respected authority on spirituality, whose books and seminars have inspired hundreds of thousands of people around the world. He's clear, inspiring, irreverent, down-to-earth and isn't remotely interested in setting himself up as some sort of 'guru'. He's the author of many bestselling books including *The Jesus Mysteries*, *Lucid Living*, & *How Long is Now?*

SATURDAY, 19TH SEPTEMBER 2009

10:00AM – 5:00PM FEE: £70

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