

This Playshop Offers An Opportunity to:

- Realize the value of daily life as spiritual practice.
- Learn to distinguish between thought-based and presence-based living in the moment.
- Create and utilize tools to support awakening and alignment with life purpose.
- Explore the significance of the world situation in the awakening process.



The day will include:

- Movement to music
- Satsang-like segments
- A chance to get out of our heads and be in That which is at peace behind all of our thinking processes.
- Creating personalized writing tools that ask us the questions relevant to each person's particular life issues for use at home.
- Small group sharing and processing to help each of us bring the awakened perspective home to all of our families, friends, our to-do lists and our workplaces.

Register online at
www.wideawakeliving.com
click on "Daylong Playshops" at
the menu at the top.



Life Beyond Belief Creating a New Earth, Starting with Ourselves



With

Alice Gardner

*Daylong Playshop
Combining Movement to Music
Satsang, Experiential Application
and Journal Writing Time*

May 17, 2008

Place The Fountains
Mountain View, Ca.

Time 9 AM - 12 PM
1:00 – 4:00 PM*

*Registration at 8:45 AM

Cost **\$75.00**



"Alice welcomes us to the simple wonder of what is—to the effortless Self that is always present behind every thought, every action. This is a journey from mind to heart, from separation to oneness. These are words that can open what is closed, free what is imprisoned and help you live awake"

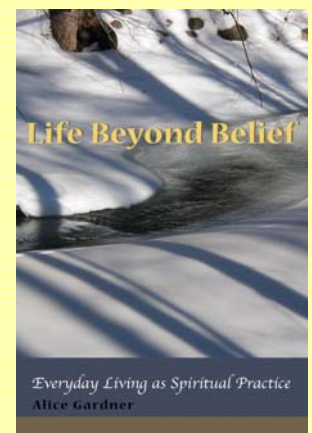
——Llewelyn Vaughan-Lee PhD

About Alice...

Alice found herself radically transformed after a retreat with spiritual teacher **Eckhart Tolle** in October of 2002. This completed her 30 year spiritual search and was the beginning of a new and vital exploration about fully living the realization while in the very human moments of everyday life. Alice has also been influenced strongly by the teachings of Adyashanti and by having lived at the Findhorn Foundation for seven years.

Since 2003, Alice has maintained a website at www.wideawakeliving.com providing support and inspiration to the awakening process. It includes a free monthly e-newsletter, along with poetry and prose writings, a recommended reading list, links to similar websites, inspiring nature photography and much more.

*Life Beyond Belief,
Everyday Living as Spiritual
Practice
by Alice Gardner*



Alice's book is available through your favorite bookstore (possibly local, definitely online) and at www.awakepublishing.com.