

AWAKENING TO THE MIRACLE OF ORDINARY LIFE

An Evening of Self-Exploration and Practicing Presence with Dennis Lewis

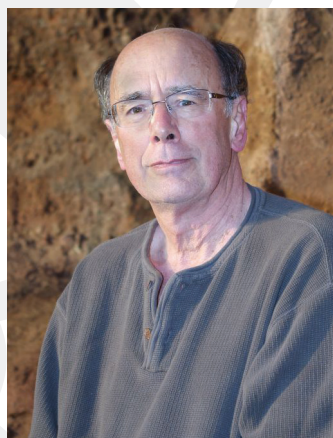
October 17, 2008

7 - 9:30 PM

Inside The Bungalow

48 North Robson Downtown Mesa, AZ 480-844-2353

We are faced with a profound mystery: the mystery of ourselves now and here on this earth. Join breath and consciousness explorer Dennis Lewis in this special event sponsored by *The Center for Harmonious Awakening*. Explore with him ways of seeing and going beyond the boundaries of the conditioned mind—the habitual constellation of thoughts, emotions, sensations, beliefs, judgments, attitudes, and prejudices that each of us calls “myself” and that cuts us off from the miracle of our being. Discover the freedom of real presence and consciousness—the freedom to see and say “yes” to the miracle and mystery of what is.



DENNIS LEWIS

Lewis, a longtime student of the Gurdjieff Work, Taoism, and Advaita, is co-editor with Jacob Needleman of *Sacred Tradition & Present Need* and *On the Way to Self Knowledge*.

Lewis is the author

of the acclaimed books *Free Your Breath*, *Free Your Life* and *The Tao of Natural Breathing*, as well as of the three-CD audio program *Natural Breathing*. His new book *Breathe into Being: Awakening to Who You Really Are* is scheduled for publication by Quest Books in May 2009. Lewis teaches regularly at Esalen Institute and The Franciscan Renewal Center, and has also taught at The New York Open Center, The Kripalu Center for Yoga & Health, Breitenbush Hot Springs, the National Qigong Conference, and many other venues.



Reservations at:

www.insidethebungalow.com

Limited seating.

Free; donations appreciated.

Event Info: 480-922-3747