

# INCREASING CONSCIOUSNESS GROUP

*A practical, open, experiential program focused on the real possibility of having breakthroughs in consciousness and dramatically increasing your freedom, integrity, clarity and effectiveness.*

**Mondays 6pm to 8:30pm for 16 weeks in Fremantle  
August 6th to 10th December 2018**

*Preview sessions: Monday 23rd or 30th July  
6-8:30pm at ThinkLab, Market St, Fremantle*

**Cost: free program + \$5/wk for venue  
Register by email - [chenghsin@wearearising.org](mailto:chenghsin@wearearising.org)**

Rather than fantastical, pursuing greater consciousness can be actual, practicable. A clear and authentic experience of the true nature of being, can open us to whole new possibilities in relationships, work, movement and every endeavour.

This group is for anyone who has an interest in the truth, transformation, consciousness, enlightenment, and non-dual spirituality beyond dogma and beliefs.

**The previews and ongoing group are participatory workshops and include:**

- Guided meditations and facilitated contemplation exercises,
- Practical investigations for immediate application in your life,
- Open dialogue including questions, answers and discussion,
- A small group of participants committed to attending every session.

*Andrew Outhwaite and Niklas Lederer have each pursued consciousness, the truth and freedom with many teachers and methods. They have found Cheng Hsin and Peter Ralston to be the most profound, direct and effective approach.*

More: <http://www.chenghsin.com> and <https://www.peterralston.com>