

# Springbrook Weekend 13-16 September

## Wisdom-The Path Within.

*Our inward world guides our life... How we feel about things determines our decisions.*

*This weekend we will go into our mental and emotional conditioning.*

*How to makes changes.*

*Practical lessons that bring about awareness.*

*This will be a balance between intellectual ideas and learning different meditation methods.*

*Today, it is emotional problems that are one of the biggest challenges on the path to spiritual awareness. The dual aspect of the mind. One being the experiencer, the other the observer.*

*The process is natural and should be achieved without force, the naturalness of this process cannot be understood with mental effort. It must just happen! This process will be covered during the weekend. We will look into deeper aspects of human potential, mostly unrealized.*

---

***Springbrook Theosophical Education and Retreat Centre***

***2184 Springbrook Road, Springbrook QLD 4213***

*Website:*

*<http://www.theosophyqld.org.au/sbrook.htm><http://www.theosophyqld.org.au/sbrook.htm>*

*3pm Thursday 13th-16th September*

*Cost \$270 - including vegetarian meals and accommodation.*

***Accommodation*** includes single or double room (limited double rooms so please book early if required). Bring own sheets/ pillow case/towel/ torch. These can be hired if needed.

***Deposit \$30*** Toowoomba Group of the Theosophical Society

*BSB-633000*

*ACC No-141044446*

*Please let us know when you pay the deposit.*

*If you cannot make it on the Friday we also allow people to come Saturday morning and the price will be adjusted to suit.*

***Enquiries: Barry Bowden:*** [barrybowden1@gmail.com](mailto:barrybowden1@gmail.com) 0427751464

*Gayle Thomas: [gaylethomas8@gmail.com](mailto:gaylethomas8@gmail.com) 0438 331 885*