



THE SHIFT: LIVING IN THE FLOW WITH JIM DREAYER

SUNDAY, JANUARY 22 | 1:30 - 3:30PM | suggested
\$20 donation | signed books available for \$15

"Jim's book is simply amazing—the kind of book that changes your relationship with your own life. At the time I started reading it I felt very insecure, stressed, guilty, unhappy, and depressed, yet I found in it the right words that nobody had said before, and that led to my own transformation."

—Rah Sandara, Sao Paulo, Brazil

The 'shift' is like a Zen satori. It is a moment of true awakening, when you become aware of awareness itself, aware that the world between your ears—all thoughts, beliefs, and stories—is unreal, yet you, as a conscious being, are still very much here. The shift brings you back to your true nature, and results in a profound feeling of inner peace and well-being. Right action then flows naturally.

At the same time, thoughts are very powerful. We use them to create, communicate, problem solve, and attract what we want into our lives. Jim teaches a simple practice from his book, below, which helps facilitate the shift. You use it whenever you experience conflict, upset, or suffering.

Learn to:

- Free yourself from the stories that trigger stress, anxiety, fear, guilt, anger, depression, and all other forms of emotional upset.
- Awaken to the inner peace that does not depend on circumstances.
- Forgive those who have hurt you, and develop relationships that are rich in love, joy, and meaning.
- Discover your unique purpose, and embody it with clarity and certainty.

This work is experiential, involving meditation, dialogue, eye-gazing, and processes designed to free ourselves from the stories that keep us bound. Jim's book, *End Your Story, Begin Your Life*, will be available for purchase.



JIM DREAYER was on a spiritual journey for twenty years before finally awakening to the freedom that is his true nature. His teacher was European nondual master Jean Klein. His mission now is to guide others to the same realization but in a much shorter time. For more information visit www.jimdreyer.com or email jdreyer@aol.com.