

# **LOOK FOR YOURSELF**

## **A COURSE IN PRACTICAL SPIRITUALITY**



**“The greatest unexplored  
territory in the world  
lies under your hat”**  
*60's poster*

**By seeing ourselves in  
a new and surprising way  
we may uncover a spiritual  
capacity we did not know we had**

**This short course is all about doing this  
exploring now, using traditional and modern  
methods of awareness and observation**

**Ten weeks commencing 7<sup>th</sup> January 2010**

**6.30 - 8.30pm**

**at the Quaker Meeting House, Page St, Swansea**  
**every Thursday except the third each month**

**For more information contact Judy Bruce on 01792 233 580**  
**([jmbruce@onetel.com](mailto:jmbruce@onetel.com))**

**or SWANSEA UNIVERSITY DEPARTMENT  
OF CONTINUING ADULT EDUCATION 01792 295 786**