

# Satsangs with Dennis Lewis

## The Center for Harmonious Awakening

**Sunday Mornings from 9:30 AM to 12:30 PM: Sept. 29, Oct. 20, Nov. 24, Dec. 15**

**Dennis Lewis:** “My work is to help us see and go beyond the boundaries of the conditioned mind—the habitual constellation of thoughts, emotions, sensations, beliefs, and judgments that each of us calls ‘myself’—and to help open us to the vast breadth of the life force as it manifests through us at this very moment. My work is to help us explore and awaken, in a harmonious way, to the freedom of real presence and consciousness, the freedom to see and say ‘yes’ to the miracle of what is.”



### Sunday Morning Satsangs with Dennis Lewis

Join teacher and author Dennis Lewis for sittings, awareness practices, and self-inquiry to explore the perennial questions of human life: being, consciousness, suffering, love, relationship, spiritual practice, and much more.

Each Sunday satsang will focus on a particular question or theme and will explore this question in relation to the entire human being, including body, mind, heart, and consciousness.

Dennis will also focus on the relationship of sensory awareness, attention, and breathing to what it means to be a fully conscious human being, present to *what is*.

Events are open to anyone at any level interested in the fundamental question: “Who Am I?”

**Time:** 9:30 AM - 12:30 PM

**Cost:** Donation

**Location:** The Center for Harmonious Awakening, 13725 E. Aloe Vera Dr., Scottsdale AZ, 85262 (the red house several hundred feet to the right on the first dirt road to the right after Ashler Hills)

**For more information or to confirm your seat:** Contact Cathy: 480-922-3747 (shattaway@aol.com) or call 623-252-4396.



**Dennis 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*. He is the author of *Free Your Breath, Free Your Life*; *The Tao of Natural Breathing*; the three-CD audio program *Natural Breathing*, and *Breathe Into Being: Awakening to Who You Really Are*. Lewis teaches regularly at Esalen Institute and has also taught at The New York Open Center, The Kripalu Center for Yoga & Health, the National Qigong Conference, and many other venues. **Learn more about Dennis Lewis at <http://www.dennislewis.com>.**

