

Be the Light that You Are Workshop

With Debra Engle

Wednesday, August 28

6:30-8:30PM

Inspired by Debra Engle's book of the same name, this workshop is for anyone who wants to put their spiritual practice in action. Filled with real-life examples, it provides a simple path to kindness, decency, and authenticity in troubled times.

- How do you stay mindful in the midst of a busy life?
- How do you speak up?
- How do you disagree without blame?
- How do you stay true to what you believe, and do it with love?

To learn how these teachings can impact your relationships, work, health and peace of mind, don't miss this interactive workshop.

Cost: Love Offering



Bio: Debra Landwehr Engle is the bestselling author of *The Only Little Prayer You Need: The Shortest Route to a Life of Joy, Abundance and Peace of Mind*, featuring a foreword by the Dalai Lama.

Her book, *Let Your Spirit Guides Speak*, includes practical ways for readers to build a relationship with their spiritual guidance. It received a Nautilus Award, honoring "better books for a better world."

Debra's latest book, *Be the Light That You Are: Ten Simple Ways to Transform Your World with Love*, inspires readers to put their spiritual practice in action and provides concrete ways to do so.

Her debut novel, called *Twenty*, dealing with themes of loss and forgiveness at midlife, will be released in January of 2020.

A student of *A Course in Miracles* for the past 30 years, she also teaches classes in the *Course*, and she facilitates workshops and retreats worldwide based on writing and spirituality.

