



# The Isbourne Holistic Centre

*Creating positive lives through education*



## LUCID LIVING!

**Do you ever ask yourself the big life questions like:  
“What the hell is going on?” “What is existence?”  
“What is it like to really experience this moment?” YES?**

Then Timothy Freke - internationally acclaimed author and stand-up philosopher invites you to jump into the mystery!

Wednesday 30 January, 7.00 – 9.30pm

Cheltenham YMCA

6 Vittoria Walk

Cheltenham GL50 1TP

In 2008, the Isbourne will be running a series of talks and workshops with ‘guest authors’ – many of international acclaim – starting with a talk from Timothy Freke on Wednesday 30 January.

An internationally respected authority on world mysticism, specialising in Gnosticism, Freke is the author of more than twenty books, including international bestseller *The Jesus Mysteries* (Book of the Year in the Daily Telegraph). His other books include *Jesus and the Goddess*, which was cited by Dan Brown as an inspiration for *The Da Vinci Code*, and *Lucid Living*: a book you can read in an hour that will turn your world upside down.

This talk explores the essence of Freke’s book ‘*Lucid Living*’ – a book which he says, would have saved him immeasurable time on his own spiritual search, had he had the good fortune to read it as a young man: ‘I would have got

answer right away,’ he says, ‘and I wouldn’t have had to spend those endless months in monasteries and travelling around India going down the whole guru trip!’

As a stand-up philosopher, Freke’s talks are like engaging comedy performances containing serious messages about waking up and living more fully and lucidly.

According to Freke, we are all individually engaged in ‘living our story’ - the story of who we are: going about our lives and aspirations and creating the person we want to be. ‘But then the bubble bursts,’ he warns, ‘and then you realise you don’t even know who you are.’

In this talk, he will invite us to step outside ‘the story’, and see what the moment is, that the mystery is here now, that it’s always here. This is an invitation to wake up and become ‘enlivened’!

Timothy Freke’s talk will be on Wednesday 30 January from 7 - 9.30pm at the Cheltenham YMCA.

Cost: £15.00; students/concessions £12.00. To book a place, please call Laura or Vanessa on 01242 254321 or email [education@isbourne.org](mailto:education@isbourne.org).

Other ‘guest author’ events this term will include Radio 2’s Janey Lee Grace on ‘Natural Living the Easy Way’ on Friday 7th March and a workshop with US author Gary Quinn on ‘The Power of Self-Confidence’ on Saturday 15th March.

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