



# “You Can Be Happy No Matter What” Well-being in times of uncertainty

The Vertical Dimension, Inc.

FGS is proud to announce a

**NEW SERIES**

of workshops beginning

**OCT 1st**

**Thursday evenings : 6:30-8:30**

The first four sessions will be revealing the **THREE Gifts** (principles) that create all of our life's experiences. These principles were first taught by Sydney Banks and reveal to us the innate wisdom, and happiness that we all possess prior to life experience.

The principles of divine thought, consciousness and Mind allow us to integrate the secular with the spiritual and give us simple common sense on how to be happy no matter what.

The second series will bridge the understanding to the application. With times of uncertainty, economic challenge and fear we all struggle to find our well being.

These 4 sessions will give us some tools for working with well being in times of stress and worry.

Combining the **THREE Gifts** (principles) with these tools of transformation, we will experience our well being continuously.

In January 2010 we will introduce the final 4 sessions entitled Happiness is who you really are.

These 4 sessions will put it all together – The Understanding + the tools + the inner realization of how we are the principles in action. Stay tuned for more details on this one!

This excellent series is being brought to us by The Vertical Dimension Inc. Instructors are Debora McDermed, PhD and Laurie Martin.

Call: 530-550-8981 or Email: [info@goodnessake.org](mailto:info@goodnessake.org) for more information

