



Ben Worth Monthly Meditation Days

At Unity of Fayetteville, 4880
W Wedington Dr. 442-0680

Saturdays, Jan 13 and Feb 10
9 am – 4 pm (attend all or part) Potluck lunch.

Creating Your Life: Reality is What You Make It

You created the life you're living today. Discover how to re-create it. Transform your life into an adventure movie. Stop looking for a happy ending and begin living joyfully right now.

After Ben's workshop you will:

Understand how karma affects what you are doing.

Discover the freedom that exists in a life without answers.

Find the key to happiness in your difficult relationships.

Appreciate your innate power to create reality.

We will use meditation, mindfulness and scientific principles to explore and apply practical methods to create the life you want.

Ben has been a spiritual guide in Kansas City for over ten years. He has pursued healing, wholeness and awakening for more than twenty years. Combining Buddhist and Christian philosophy with the wisdom of science sets Ben's teachings apart. He is dedicated to creating simple and practical techniques for healing our wounds, learning from our problems and finding peace.

No registration is required, and there are no fees for these day-long retreats. Donations will be received. You can attend the morning or afternoon sessions (9:00 am to Noon; 1:00 to 4:00 pm). There will be a potluck silent lunch. If you would like more information please contact **Ben at bmwabc1@yahoo.com or 816-210-3378.**