

Clearmind Lecture Series

From Crisis *to* Communion

7 1/2 Steps to a Better Relationship

All relationships are meant to work.

When anxiety arises we normally interpret the anxiety as evidence that there is something wrong with the relationship.

Relationships are meant to catalyze this anxiety rather than appease it.

This lecture points out the pathway through the anxiety that if integrated guarantees not only a successful relationship but a dynamic and powerful one with purpose as well.

Duane & Catherine O'Kane



Thursday October 6

Victoria 7 PM

THE CLUBHOUSE

4360 EMILY CARR DR

Contact Treena

treena@livingradianc.ca

Friday October 7

Seattle 7 PM

MERCER ISLAND

COMMUNITY & EVENT
CENTER

8236 SE 24TH ST

MERCER ISLAND

Contact Cedric

cedric@gocedricgo.com

Saturday October 8

Portland 7 PM

BAMBOO GROVE

134 SE TAYLOR AVE

Contact Laura

lauramcgraw@comcast.net

The logo for Clearmind International Institute features the word "Clearmind" in a large, blue, sans-serif font. Above the letters "i" and "n" in "Clearmind", there are three curved, overlapping lines in shades of blue and grey, suggesting a stylized 'C' or a wave. Below "Clearmind", the words "International Institute" are written in a smaller, blue, sans-serif font.

www.clearmind.com