



# SPIRITUAL FRONTIERS FELLOWSHIP

Connect with your local metaphysical and spiritual community!

Thursday, March 3, 2016

**Dr. Theresa Yuschok**

***“Breakdown or Breakthrough: Signs and Symptoms of a Spiritual Awakening or Mental Illness?”***

3313 Wade Ave., Raleigh, NC (at UFR)

Tickets go on sale at 6:45 p.m. | Admission: \$10 | Seniors & Students: \$8

Come Early and attend the FREE Meditation starting *promptly* at 6:30 p.m.

Jayne Walther will lead the **Cultivating Intuition** meditation.



## Featured Presentation: 7:15 – 9:30 p.m.



The process of spiritual awakening is a time of upheaval and may mimic signs of an emotional breakdown. We need to know the difference! Dr. Theresa Yuschok will describe the religious experiences, or spiritual awakenings, across different cultures and will also alert us to red flags of false gurus and cults. She will then guide us through each of the rooms of "The Interior Castle", a classic spiritual book of St. Teresa of Avila's mystical development.

Dr. Yuschok is a practicing psychiatrist with long-standing interests in spiritual and psychological growth.

SFF meets the first Thursday of every month except July

**[www.Spiritual-Frontiers.com](http://www.Spiritual-Frontiers.com)**



*SFF is a 501(c)(3) non-profit organization*