

# HOW to ACCESS YOUR SIXTH SENSE

Leader: Ruth White

Internationally acclaimed  
speaker

**Thursday 13<sup>th</sup> October  
2022**

**6.30pm – 8.00pm**

Venue: The Isbourne Wellbeing Centre, 2 Wolseley Terrace, Cheltenham  
GL50 1TH

Admission £10 (£5 supporters of Isbourne)

Please see [www.ishbourne.org/events/in-house-how-to-access-your-sixth-sense](http://www.ishbourne.org/events/in-house-how-to-access-your-sixth-sense)

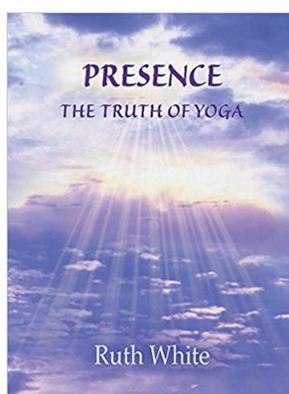
You have the gift of insight, there are no exceptions. So, what clouds your vision?

Ruth has devised powerful techniques to enable you to dispense with these clouds.

Now with your new intuitive power, you are able to see so much more!

***Ruth fell at the feet of a master.*** In her teens she had chronic back problems and was due to be hospitalised with a back plaster for six weeks. A famous Yogi with superhuman powers was in town and he showed Ruth how to be free of pain. She was so inspired by his teachings, she followed him to India and trained with him as a teacher.

Ruth has been an international speaker of some 40 years and has given talks and taught in 25 countries. She now runs the Karuna Centre in the Cotswolds which has weekly meetings and teacher training classes in which over a thousand students have qualified.



Writing with the same warmth, clarity and humour that she brings to her classes, Ruth White sets out to explore the deeper nature of yoga, that which is described as union with the Divine. While giving some reference to *asanas* (physical postures), this book focuses more on how we are able to allow a positive change in our mental and emotional attitudes. Full of Ruth's joyful insight, it is a guide to coming back to our natural state where there is freedom from worldly concerns and imagined problems. When the mind quiets down our hearts automatically open and then we are able to experience the bliss of the present moment and to wake up to the truth – that we are just as we should be, at home and at peace.

*Ruth White*

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