

OLLI at SOU

The 3 Principles of Sydney Banks

NOTE: Due to the COVID-19 pandemic, this SIG is meeting weekly via Zoom.

Facilitator: Dan Altman, danalt7@hotmail.com 541-301-5800

Description: This Shared Interest Group explores the Three Principles of Sydney Banks as taught by different teachers and experienced by group members.

Sydney was a Scottish welder working in Vancouver, BC when he experienced an unexpected spiritual awakening followed by an epiphany that revealed the 3 fundamental principles of human experience.

This group will share and explore the work of Michael Neill, George Pransky, Garret Kramer, Dr. Dicken Bettinger and many others. We will share videos and books and have discussions about the different teachers and our own experiences.

A list of books, videos and audios are available for anyone wishing to explore on their own. The following are good introductory books:

- Michael Neill: "The Inside Out Revolution" and "The Space Within"
- George and Linda Pransky: "The Relationship Handbook"
- Garret Kramer: "The Path of No Resistance" and "Still Power"
- Jamie Smart: "The Little Book of Clarity"
- Dr. Dicken Bettinger and Natasha Swerdloff "Coming Home"

Skills or proficiency: All OLLI Members are welcome - there are no prerequisites and no required outside work.

Maximum number of members: 20

Meeting location: OLLI Campbell Center at SOU