

8 week Self Help Mediumship Development Series

Easy Meditations for Everyday Life

With Spiritual Development Facilitator: Reverend Arlene Raedel

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Begins June 14th ends August 9th, 2012

Harmony Grove Spiritualist Association, 2975 Washington Circle, Escondido, CA 92029(?)

Thursdays @ 7:00 – 8:30 p.m. (no class on July 26th)

Lighthouse Classroom (?)

\$15.00 per lesson, if course is prepaid in full, or \$18.00 a lesson. You can use Pay Pal, checks or cash.

If you have tried meditation and given it up because you have no time, or it is boring, not fun, or you keep falling asleep, OR if you would like to expand your repertoire of meditations

This course will show you that Meditation can be incorporated into almost any activity of your daily life, whether working, traveling, or playing. Meditation is not serious, it is something to enjoy. Meditation really does change the quality of your everyday life

Meditation in essence is tapping into a silent place inside you where you are not disturbed by anything going on around you or inside you, including in your mind, your body and your emotions. So it is one thing to feel blissful sitting alone, undisturbed, but quite another thing to be able to carry that same feeling into your marketplace activities!

Topics covered: There are many ways to meditate. There is no one right way, it all depends on the kind of person you are. With video and audio aids you will work with:

- The body: Techniques for relaxing and healing the body, and for healthy conscious eating
- Breathing: a Taoist technique to balance the inner male and female energies plus a technique to use in everyday activities
- The heart: Techniques to shift awareness from the head (intellect) to the heart (intuition), to shift from judgments to compassion, to see the inner beauty and to create a protective aura against hurts & insults
- Third eye: a technique to develop this deep chakra energy point
- The mind: a technique to watch the mind without being identified
- Awareness practice in everyday activities
- Plus four deep techniques involving light, darkness, a Buddha statue and a Tibetan ghost!

About Reverend Arlene Raedel: Arlene is one of the women on the path to spiritual truth and peace who is inspiring men and women from all walks of life and from around the world who are accepting their gifts of courage and spiritual connection. She has over 16 years experience of practicing and working with meditations and transformative techniques. *Certification Students please note:* Rev. Arlene Raedel is a Credit Class Mediumship Instructor in the HGSA Education Program, which offers Mediumship Certification. *This year-long ongoing series, "Medium Development Class", qualifies for the HGSA Mediumship Certification requirement.*