

SATSANG CIRCLE

Satsang, translated from Sanskrit means "Meeting in truth"

Please come and join in an hour of chanting and sitting in sacred space.

"Chanting is nourishing and can be powerfully healing.

This is one way of opening the door into your own inner sanctuary.

Mantra meditation is like spiritual food; it awakens your creative process and nourishes your spirit, while habitual or agitated thinking patterns are released. In the process you discover the silence behind the sound. It is like a broom that sweeps your mind free of clutter." *Huffington Post*

The evening will begin with a Oneness Blessing also known as Deeksha. This is a Divine energy transfer that causes a neurobiological transformation within the brain. The intention is to open our hearts and feel the connection with all of creation.

We will then begin the chanting of several mantras from Deva Premal's CD "Mantras for Precarious Times".

The evening will end by sitting in silence with singing bowls and allowing all that we have allowed in to integrate and raise our consciousness.

Come and take time to be with yourself.
No music or singing experience is necessary.

3rd Monday of the month
6:30 - 7:45

Lakeview Wellness Center
Denver West Office Park
1546 Cole Blvd., Bldg. 5, Ste. 270
Golden, CO 80401

Elaine Shea, RMT
303-986-5161