

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 opens with the Oneness Blessing also known as Deeksha.

This is a transfer of Divine energy with the intention to open our hearts and feel the connection with all of creation.

We will then begin the chanting of "Mantras for Precarious Times".

No music or singing experience is necessary. But if you are not comfortable with chanting you can hum or sit in silence. Your presence alone will add to the group energy.

We will close with singing bowls and integrating all that we have allowed in to raise our consciousness.

Come and take time to be with yourself.

3rd Monday of the month
7-8:15 pm

Love Offering optional

Wystone's Tea Café at Belmar
7323 W. Alaska Dr.
Lakewood, CO 80226

Elaine Shea, RMT
303-986-5161