

MEDITATE

Has anyone suggested meditation to you recently? For the second or third time by any chance? If yes, I would highly recommend you give it a try.

There is nothing mysterious about it. And it doesn't conflict with any faith or beliefs, as being in a moment is as natural and universal as breathing can be. In its essence this is all it is! You are allowing yourself to breathe and feel yourself in the moment. Gardening, spending time in nature, playing with kids, reading, walking, cooking (because you want to!) - anything that takes you away from your thinking, planning, judging, expectations or any excessive mental activity, putting you in a state of peace and joy, where no fear interferes with your experience, can qualify as meditation.

I believe the intention is what makes the difference here. You can choose to react to your life's situation in a usual manner or choose taking a breath and feeling the moment before moving forward. Meditation class can remind you about your choices, training your mind to enjoy letting go.

See you in class!

With all my love,

Lena



November Events:

Every Tue and Thu of the month
7:00pm - 8:30pm
[Guided Meditation Class](#)

Every Sat 9:00am - 10:00am
[Wellness Spa](#)

Thu Nov 15th 6:00pm - 7:00pm
[Wellness Book Club](#) – "Eat right 4
your type: The individualized blood
type diet solution", by Dr. D'Adamo
2016

Sun Dec 2nd 9:00am - 1:00pm
[Reiki Workshop](#)

Sun Jan 20th 9:00am - 1:00pm
[Energy Medicine Mentorship
Program](#)

November Promotions:

*If you are healing a pancreatic
cancer, please join my meditation
class or a wellness spa free in
November.*

Book one appointment with me and
receive another one for free!

Refer a friend or a loved one and
receive \$20 toward your next visit!

Write a review and take \$20 off
your next visit!