

MONTHLY MEDITATION IN MOUNTLAKE TERRACE

Keeping Your Life Stable in a Place of Quiet

Meditation: rejuvenation that comes from spending time with your mind at rest

Contemplation: new possibilities for what seems stuck

Inspiration: new answers from Deeper Guidance
Exercise the muscles that bring new possibilities and greater expansion to your life in a community of like minded individuals.

Go into your weekend activities free of chaos. Add new lightness, sense of personal balance and clarity to your month.



Date: 2nd Friday of each month ~ beginning September 10th

Where: 23505 Peterson Drive,
Mountlake Terrace, WA

Times: 7:00 to 8:30 pm

Other: You can come straight from work and eat your packed food before our meditation time.

Cost: \$15 suggested donation

Facilitator

Sharon Riegie Maynard is a radical mystic who was taught by Spiritual Masters to know and transform the cause of humanity's distorted living. What they taught her is what she is sharing with others; knowledge, history, skills returned at this time for humanity's evolved shift into abundance and Divine Truth.



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