

MIND AND MEDITATION PROGRAM

Sept 2-5 and Sept 24-25

In this program you will experience:

- The nature of the Mind and How It Works
- How to utilize the positive qualities of the three minds
- How to direct the mind to give you a greater capacity for happiness
- Recognizing and working with the 81 facets of the mind
 - Advanced meditation techniques and practices
 - Developing a personal meditation practice

Introduction:

- In this 60 hour course (48 hours in class) is open to everyone. Enhance the depth of your understanding of meditation and experience deep meditations on the nine aspects of the mind. Focus on your relationship to your own mind. Increase your ability to observe neutrally, to become still, to clear your mind of distractions and intrigues, to recognize when you establish a state of shuniya, and to recognize the different functional parts of your mind. Understand how to use the 27 projections of the mind.

Location:

Online via ZOOM and In person (if available) . You will get a new link for each weekend of training

Times:

9am – 4:30pm Pacific time zone each day; lunch approximately 12:30-1:30pm

Manual Cost:

1. You have a choice of e-book or print manual, however there is an additional

shipping charge for the print manual. Print Manual cost is \$24.99

Program Cost

* *Early Bird registration* : \$695

* *Regular price*: \$895

* Half price for those who have taken this course before. Go even deeper into your understanding and experience of Mind and Meditation!

Note: payment plans available. Also 1/2 price if you've taken this program before!

- Let us know if you are Signing up for All Journey's, One, Two, Single day
- Full Legal Name, Email Address, WhatsApp, Phone, Mailing Address
- Include Spiritual Name if you have one
- Name you prefer to go by in this program
- Birth date, city state country, and time
- Do you have prior Meditation experience?
- Any health concerns you want to share with us
- Do you have a device available for this program that will allow you good audio as well as be able to have your video on so that we can see you during class time?

Cancellation Policy:

All requests for refunds due to inability to attend will be subject to an administration fee of \$150. Thank you for your understanding.

