



## **Creative Light Meditation Weekend September 17<sup>th</sup> to 19<sup>th</sup> 2010**

Facilitated by Alex Penhaligon and held at Cansurvive



Meditation assists in subduing the mind and emotions, and at that quiet point of experience, potential of its own nature and energy manifests.

The Creative Light Meditation course gives you a meditation practice that can simply and easily be used in your own time.

It is relaxing, positive and regenerative, bringing with it an experience of deep peace.

You are gently guided through positive levels of your inner consciousness, and gain techniques that activate these creative aspects of yourself.

Participating in this course also balances the energies of your body, making it easier to establish a direction in your daily life that is affirmative.

The Creative Light Meditation is a series of seven sessions, each building upon the other, involving a gentle progression through ten levels of basic consciousness. These guided meditation periods vary in length, around 20-40 minutes, and are held in a short weekend.

The Creative light Meditation is provided by The All One Foundation and presented by Alex Penhaligon at Cansurvive. The All One Foundation offers Spiritual trainings and services that are experiential and non-dividing. It is based in Sydney, is non-profit and completely run by volunteers.

***It's so easy to try to meditate a few times and then give up.***

Many participants have expressed their surprise at how much could change in a weekend and have added meditation to their tools for living, or living with life a threatening disease. Meditation is not a process of separating from our humanity, more one of experiencing it.

The April group are still meditating!

The weekend is open to everyone, to those who have meditated for years or to anyone who wants to learn an uplifting and powerful meditation to incorporate into their busy schedule.

The workshop runs from Friday evening to Sunday afternoon (not including Saturday evening). It is non-residential with time to relax between the meditation sessions.



The April 2010 Cansurvive Meditation group

The cost is \$140.00 and \$100.00 concession on request to healthcare card holders and those in genuine need.

Please come and join us for an opportunity to give time to your inner self on your healing journey, and leave uplifted and in a state of peace.

For further details please call Alex direct on 07 5445 0837 or [alex@all-one.org](mailto:alex@all-one.org)  
Or drop into Cansurvive and pick up a brochure.....See you there.



Meditating amongst the palms in the beautiful rainforest gardens at Cansurvive

***Remember “Fighting it doesn’t make the darkness disappear, bringing light into it does”***