

WEDNESDAY NIGHT 2015:

A Series of Open Programs @ The Bead Angel

ALL WEDNESDAY EVENING PROGRAMS are 7:00pm to 9:00pm.

Open to all on a Donation Basis – drop in freely – no texts or other requirements.

Each Wednesday evening program stands alone, continuous attendance is not required.

PLEASE ARRIVE PROMPTLY, NO LATER THAN 6:55PM,

AS THE DOORS WILL BE SHUT & THE PROGRAM WILL BEGIN AT 7:00pm SHARP!

FIRST WEDNESDAYS: A YEAR OF RITUAL – 2015:

SPIRITUAL PRACTICES are markers of the spiritual life. They help us connect with the Divine, our true selves, our neighbors, the whole of Creation. **RITUAL IS SUCH A PRACTICE**

Each month we create & conduct a specific form of RITUAL through simple, direct & practical techniques that enable us to generate the Awareness & anchor the Presence of Spirit in our lives.

Using meditation, books, poetry, music, video, art & sacred texts as creative inspiration, we will explore together the NATURE & PRACTICE of RITUAL, as we **create and conduct a different ritual each month**. Led by Cynthia Wayland. Each program stands alone. Continuous attendance is not required.

SECOND WEDNESDAYS: CRYSTALS & THE ASCENDED MASTERS:

From 'Crystals & Sacred Sites' to 'Crystals & The Archangels', we continue our Crystal Meditations with various Ascended Masters (Buddha, Kuan Yin, Helios, Lady Nada, Mother Mary & more). The Ascended Masters connect with us for healing, spiritual growth & initiation. **Each month we will explore the work & mission of an Ascended Master & a crystal associated with their energy & purpose.** Using meditation, crystal mandalas & specific stones, we will work with the support of an Ascended Master for our own healing & the healing of the planet. Led by Cynthia Wayland & Gregory Myers.

THIRD WEDNESDAYS: WORLD CHANT NIGHT:

Exploring a variety of traditions, we will chant, with CD's & lyric sheets. **ANYBODY can chant—chanting is NOT SINGING.** We will also include a time of working with Singing Bowls. Bring yours if you have one. This is ACTIVE MEDITATION and it will amaze you how you will feel during and after! Don't chant? Want to learn? Led by Cynthia Wayland & Gregory Myers.

FOURTH WEDNESDAYS: REIKI SHARE:

This evening we focus on the EXPERIENCE of Spiritual & Physical Renewal thru the form of Energetic Healing known as Reiki. Our goal is a closer connection with Source & with each other. **SHARING REIKI is central to this evening. Come to SHARE Reiki or simply to EXPERIENCE it.** No training necessary. Those with Reiki Experience who would like to review & refresh the practice of it are especially encouraged to participate. Relax, Renew, Revitalize & Revolutionize Your Self in Spirit and in Mind. Open to all on a donation basis. Led by Reiki Masters.

FIFTH WEDNESDAYS: SPIRITUAL CINEMA NIGHT:

We have available DVD's of world cinema in feature films, documentaries and shorts that you will never see on-screen in the US. **All of these films are designed to instruct, inspire and illuminate the Human Spirit.** Join us as we screen a feature or several short films on our High Def TV while you relax in a comfy chair. You'll laugh, you'll cry, you'll love it! Donation.

PLEASE INQUIRE AT THE DESK FOR FURTHER INFORMATION