

# Free Monthly Meditation gathering via Zoom

*“Meditation is conscious and deliberate creating. It is one of the most dynamic and creative acts imaginable.”*

*Pathwork lecture #194.*

This Monthly Meditation is hosted by Pathwork Apprentice Helpers Courtney Connolly & Fred Paisley. We will be offering a blend of various types of meditations, including guided, silent and free style creations, some which will include Pathwork lectures/topics. Our intention is to bring the amplification of group meditation through positive intentionality. The gatherings will be approximately 45 min in length including the intro, meditation and integration.

Mondays 3:00 PM  
(U.S. Pacific Time)  
Please RSVP to  
receive Zoom link.

**March 24th**  
**April 21st**  
**May 19th**  
**June 16th**  
**July 21st**  
**Aug 18th**  
**Sept 15th**  
**Oct 20<sup>th</sup>**

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*Please contact either of us with questions and to register.*