



"When I notice the spaces between sounds and the spaces between words and also the spaces between my thoughts and the background silence behind everything, I realize that all these spaces are the same space. This space is the entry point. It is the transformational vortex, the corridor, the window to Spirit." ~ from **EVERYDAY IMMORTALITY** by Deepak Chopra

Meditation Circle Invitations

www.breathingwithme.com

Silence is complicated. When I first started practicing meditation after attending the 8 week MBSR course, I went into a dark place that both enticed me and swallowed me whole. I stopped after realising what it was doing to me. Years later, having done enough work to heal the terror inside my body, silence beckoned me again. And this time I was ready. Read my journey with silence in this [short poem](#) of mine - Mother of All Sounds.

Join me, if you would like to continue your journey with silence, with a friend or two.

Duration of the circle: 45 minutes

- 1) Greetings and 5 min of soft landing in silence to welcome ourselves into this space.
- 2) 5 - 10 min check-in and sharing of intentions.
- 3) 20 min of sitting in silence or any other forms of practice that feel supportive .
- 4) 10 min of optional sharing, witnessing and ending.

Prerequisite

None! Everyone is welcome. Experience with meditation will be helpful.
By joining the circle, we agree with the [community agreements](#).

Email me to join: smallfish1975@gmail.com

Looking forward to resting our hearts in silence together ♥