

Do I have to be an experienced meditator to come on the monthly meditation group?

Not at all, our policy for the monthly meditation group is "**Beginners Welcome**" each evening includes a talk on "How to meditate" and starts with basic meditations moving on to more advanced ones.

Can anyone learn how to meditate?

Yes, meditation can be learned easily by anyone, it just takes practice. All the meditations we use are very simple and can be adjusted for individuals to use at home on a regular basis. You will hopefully find that meditation will not only help you to relax but will enhance all areas of your physical & emotional life.

What do you do on the monthly meditation evening?

Each month generally includes:

- Talk on "How to Meditate"
- Breathing Meditation
- Affirmations
- Simple & More Advanced Meditations

Do I have to start at the beginning of the year or can I do any of the evenings?

You can choose to come to those subjects which interest you or simply work your way through the year. Each month starts off with the basics of meditation and moves on to more advanced meditations based on the theme of the evening.

What if I fall asleep and miss something?

Don't worry sometimes we all become so relaxed doing our meditations that we drift off into sleep, all the exercises we use are written on a sheet which is yours to take home. So, if you do drift off you will still be able to follow and practice the meditations at home.

How much does each evening cost?

The monthly meditation evening costs £10, which includes your refreshments (teas/coffees/biscuits) and your handouts with all the meditations on. Everybody also receives a discount on meditation books or CDs purchased on the evening.

When are the evenings? And how long are they?

The meditation evening is held on the third Wednesday of every month. The evening starts at 7pm and finishes at approximately 9.30pm (during the evening we have a 20 minute tea break – refreshments included).

**1-2-1 Meditation Tuition available
with Mark by appointment
Cost £40 per hour**



About Mark Stone

I have been teaching courses and workshops for over 17 years not only at the Centre but in many churches and centres both in the UK and abroad.

As a medium and a healer, I have taught numerous church & private circles; taken seminars on stress management and meditation for the Dorset Police Service and Poole & Bournemouth College, as well providing many talks and lectures on many varied spiritual topics for both private & public groups.

Places are limited on these meditation evenings, so early booking is essential

To book your place or for more information call
(01202) 540088

The Light Awareness Centre
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**To find out more about Treatments, Readings
& Workshops visit our website:
www.lightawareness.com**

**Buy Meditation Books & CDs online at:
www.mindbodyspiritonline.co.uk**



Meditation Classes 2010

**Monthly Meditation
Evenings with
Healer & Medium
Mark Stone**

www.mediummarkstone.com

Wednesday 20th January (7pm – 9.30pm)

New Year, New You Meditations

Start the year as you mean to go with this “New Year, New You” meditation evening.

The meditations for this evening will include:

- Affirmations for a Good Year & a Good Life
- Releasing the Past Year / Love & Forgiveness meditation
- Creating a New You meditation
- Creating Your Best Year Yet meditation

Wednesday 17th February (7pm – 9.30pm)

Colour & Colour Healing Meditations

Immerse yourself in a world of colour and benefit from the healing power of colour on our “Colour & Colour Healing” meditation evening.

The meditations for this evening will include:

- Affirmations for a Colourful Life
- Colour Breathing meditation
- Rainbow Healing meditation

Wednesday 17th March (7pm – 9.30pm)

Love Yourself, Heal Your Life Meditations with Tina Stone

Utilising the philosophies of Louise L. Hay you can start to create the life you truly want and deserve with this “Love Yourself, Heal Your Life” meditation evening. Taken by Heal Your Life teacher Tina Stone.

The meditations for this evening will include:

- Meditations & affirmations for transformation, change & positivity
- Louise Hay’s philosophy of life
- Chants for Change

Tina also runs a full weekend workshop on the “*Love Yourself Heal Your Life*” techniques; please see her leaflet for more details of these empowering courses.

Wednesday 21st April (7pm – 9.30pm)

Sun & Sunshine Meditations

Spring is here and our monthly meditation evening for April focuses on the sun and its wonderful healing rays.

The meditations for this evening will include:

- Affirmations on Light and Energy
- Focusing on Light Healing meditation

- Sunset Relaxation meditation
- Sunrise Energising meditation
- Spreading Sunshine meditation

Wednesday 19th May (7pm – 9.30pm)

Moon & Journey to the Moon Temple Meditations

This month we will focus our meditations on the moon and a beautiful healing journey to the Moon Temple.

The meditations for this evening will include:

- Talking to the Man in the Moon meditation
- Meditating on the Moon Phases
- Journey to the Moon Temple meditation

Wednesday 16th June (7pm – 9.30pm)

Stars & Planets Meditations

From the moon, to the stars and beyond in our “Stars & Planets” meditation evening.

The meditations for this evening will include:

- Wish Upon a Star meditation
- Healing Stars meditation
- Journey around the Planets meditation

Wednesday 21st July (7pm – 9.30pm)

Childhood, Play & Inner Child Meditations

Summer remind us of the halcyon days of our childhood, just playing without a care in the world.

The meditations for this evening will include:

- Affirmations on Play & Fun
- Floating on a Cloud meditation
- Loving & Helping Your Inner Child
- Playing on the Beach meditation

Wednesday 18th August (7pm – 9.30pm)

Strength & Protection Meditations

The meditations for this evening come from our Psychic Protection course, they will help you to feel safe, strong and protected in any environment.

The meditations for this evening will include:

- Affirmations on Protection & Strength
- Tree visualisation
- Bubble of Light meditation
- Angelic Protection meditation
- Ball of Sunshine / Space Clearing meditation

Wednesday 15th September (7pm – 9.30pm)

Meditations for Manifesting

This evening will help you to understand more about The Law of Attraction & manifesting and releasing the blocks to abundance in your life.

The meditations for this evening will include:

- Affirmations for Abundance
- Abundance Machine visualisation
- Loving Yourself & Believing Your Deserve
- Gratitude meditation
- Learning to Go with the Flow of the Universe & Seeing the Signs meditation

Wednesday 20th October (7pm – 9.30pm)

Angels, Wings & Feathers Meditations

An evening to help you feel as light as a feather and fly away from all the cares and worries with a little help from your angels.

The meditations for this evening will include:

- Blowing Your Cares Away
- Feather on the Wind
- Embraced by an Angel meditation
- Growing Wings & Learning to Fly meditation

Wednesday 17th November (7pm – 9.30pm)

Crystals & Gemstones Meditations

On this very practical evening you will learn how to meditate and work with crystals.

The meditations for this evening will include:

- Affirmations using Crystals
- Cleansing Breath of Light
- Guidance from the Crystals
- Healing Light Crystal Waterfalls

Wednesday 15th December (7pm – 9.30pm)

Meditations on Gifts, Giving, Receiving & Gratitude

Christmas makes us think of gifts, giving, receiving and also gratitude as we reflect on the year gone by.

The meditations for this evening will include:

- Affirmations on Gratitude & Gifts
- A Gift from the Universe
- Giving & Receiving / Love & Forgiveness
- Gratitude meditation