

A Way to Heal, to Transform, and to Awaken Consciousness

# SoulTOUCH Meditation

## Why SoulTOUCH Meditation?

- ✧ Replace Stress with the Flow of Creative Life Force Energy ✧
- ✧ Center Within Yourself and Become Present to the Moment ✧
- ✧ Discover Your Authentic Self -What you Truly Feel and Really Want ✧
- ✧ Open Your Heart Center to Transform the Pain of Unfulfilled Longing ✧
- ✧ Make Contact with Divine Love and Grace within Yourself and Others ✧
- ✧ Live through Conscious Intentionality, Compassion, and Gratitude ✧
- ✧ Enhance the Awakening of Consciousness through Group Meditation ✧

Linda Saxton, M.F.A., Ed.S., C.E.T. facilitates SoulTOUCH meditation from a synthesis of over 25 years of experience in a variety of meditative traditions, studies in Energy Work, and certification in the Core Energetics Evolutionary Process. She will introduce you to basic exercises and experiences to begin and maintain a meditation practice as an approach to managing stress, for self-healing, and personal evolution. Such a practice is a commitment that you make to yourself. To support you in that endeavor, Linda facilitates group meditations and retreats and offers private sessions in Energy Balancing and Body-centered Awakening.

Come join us every Tuesday evening from 7:30 to 8:30 PM for group  
SoulTOUCH Meditations, Chanting, and Teachings  
In Mendon, NY  
Call for location

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For other locations and times, classes and retreats check the Schedule at  
<http://jia-lil.com>, email [lsaxton@jia-lil.com](mailto:lsaxton@jia-lil.com) or call 585 315-1665