

Building Your Brilliance

Creating a Stillness Practice with Bev Cook



This is an ongoing class to learn the basics of meditation with exploration of the chakra system. We will be using a variety of techniques to connect to our inner stillness and to Spirit. Some of the techniques will include; breath work, visualization, journey work, discussion, and an overview of the directions and six archetypes. The class will begin with basic instruction and will build each week on the foundation we create in the first six weeks. More advanced techniques will be added thereafter. No meditation experience is required for the first three weeks. You are invited to explore your interior world, to make it brilliant and to bring more ease to your outer world.

Date and Time: Tuesdays at 10 AM beginning May 29, 2018 No class week of July 4

Location: Health Naturally, 4308 Doerr's Forest, Bay City, MI 48658

Investment: \$10 per session

Contact: Bev Cook for registration by text or phone @ 989-255-5931

Week 1: Introduction to meditation, connecting to the breath, relaxation meditation

Week 2: Describing Spirit development associated with chakras, chakra meditation

Week 3: Discussion of South Direction, releasing the past meditation

Week 4: Discussion of West Direction, stepping in to integrity meditation

Week 5: Discussion of North Direction, honoring our ancestors meditation

Week 6: Discussion of East Direction, freedom meditation

Week 7: Breath work & meditation to clear & strengthen chakras

Week 8: Meditation in motion, walking, moving with the breath

Week 9: Developing your own daily meditation practice

Week 10: Increasing your light, reinforcing your practice skills

Week 11: Journey for a Spirit guide to assist with your meditation practice

Week 12: Discussion & working with your Spirit guide

Week 13: Connecting to your personal place of inner stillness