

# White Lotus Divine Healing

2607 SAINT JOHN'S ST. PORT MOODY  
604 937 5540 [www.whitelotusdivinehealing.ca](http://www.whitelotusdivinehealing.ca)

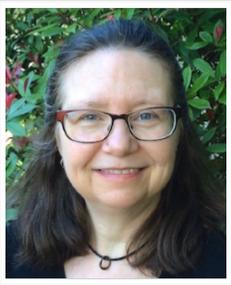
## Wednesday Evening GUIDED MEDITATIONS in 2018

Yourself, as much as anybody in the entire universe, deserve your love and affection. Buddha

**Jan 17** (*heart or 4th Chakra*)  
**Feb 7** (*1st, 2nd, 3rd Chakras*)  
**Mar 7** (*5th, 6th, 7th Chakras*)

**April 18** (*7 Chakra colour*)  
**May 16** (*7 Chakra crystal*)

**Oct 3** (*7 Chakra colour/nature*)  
**Nov 7** (*7 Chakra lotus flower*)  
**Dec 5** (*Self-Healing*)



Join Diane MacDonald from Raincoast Elemental Wellness and Consulting Inc. for a guided meditation/visualization, a mini vacation; a respite from the stresses of everyday life.

This group guided visualization is geared to those who love guided meditations; those who have always wanted to try a meditation and for those who have tried meditation on their own and may have some questions or who have always wanted to try meditating in a group setting.

A guided meditation/visualization, like any wellness session, helps to transition the body from a state of stress to one of relaxation encouraging and promoting self-healing and by so doing supporting the ability of the individual to live life to his/her own potential.

Meditation has been medically and scientifically linked to easing anxiety, depression, tension and chronic pain; giving rise to better relationships, increased productivity and enhancing short-term memory, focus and concentration.

Each guided visualization is theme based and participants have the opportunity to add a personally chosen affirmation to add depth of purpose and healing to the session.

Participants must be 19+ and are required to provide their own drinking water in a non-breakable container.

Participants are welcome to bring their own meditation cushion or yoga mat. For those who would prefer a chair, the store has chairs to provide.

doors 7:00; introductions 7:15; guided meditation 7:30 - 8:30 pm; sharing 8:30 pm - 8:45 pm

White Lotus Divine Healing  
2607 Saint John's St., Port Moody B.C.  
Cost of each event - \$19.00/person + GST  
Registration is required - Please register with the store by phone 604-937-5540

