

MORNING MEDITATION

With Jim Thomas, M.Ac.

At Samara Healing Center, Taneytown, MD
Every Friday | 9:00am - 10:00am



“Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there. When the soul lies down in that grass, the world is too full to talk about. Ideas, language, even the phrase 'each other' doesn't make any sense.”

-Rumi

Samara Healing Center
4148 East Diehl Rd.
Taneytown, MD 21787

For more information, visit:

www.samarahealingcenter.com

Join Jim Thomas, M.Ac. friday mornings for a highly experiential drop-in meditation class.

Meditation involves present-centered focus, which facilitates healing and personal transformation. In addition to promoting physical health, meditation can help us be more relaxed, less emotionally reactive to stressful events, and to have great clarity of mind.

Learn how to use the methods of meditation to enter and hold the field of awareness and to integrate life experience within it, thereby gaining deeper understanding and balance.

The practice of traditions that emphasize the embodiment of consciousness and the cultivation of heart-centered awareness will be taught. All levels of experience are welcome.

Registration: Morning Meditation classes are drop-in and the fee is by donation. However, please contact Jim at jlthomas@qis.net or 410-756-6419 to let him know what class(es) you will be attending.