

**Concurrent Meditations: Opening to Creativity that supports exploring Spiritual Purpose** (Choose one)

**1) Esoteric Approach – Steve Kramer**

For attendees experienced in meditation and Esoteric Healing philosophy.

**2) Creative Guided Meditation – Jennifer May**

For attendees who do not have a meditation practice or for those who prefer this approach.

**Concurrent “How-To” Activities: Tools that support “knowing thyself,” opening to Creativity and exploring Spiritual Purpose.** (Choose one)

**1) The Art of Spiritual Journaling – Patsy Hubert**

Participants will explore methods for getting started with journaling, keeping focused, and maintaining this activity. Through journaling, participants will be encouraged to allow “who they are” in body, mind and spirit to guide them moving forward in life and attending to roadblocks along the way. Participants, please have a journal or paper and pen(s) available for writing and drawing.

**2) Integrative Breathwork – Carol Martin**

This session will introduce participants to skills that support them in living with more breath, freedom of movement, less pain and resistance, more clarity and awareness, and more love. Awareness of the breath can transform our lives into a living meditation.

**3) Esoteric Astrology – Chuck Pisa**

This presentation answers the question: “Where does transformation show up in your chart”? While traditional Western Astrology focuses on the personality, Esoteric Astrology offers the “view-point” of the Soul. Information about both is contained in the birth chart, telling us how the Soul would like the personality to move forward to address spiritual purpose.

**NOTE:** Participants, please go to <https://www.astro.com/horoscope> to enter your birth information and obtain a free astrological chart. Bring your chart to this session. You may [Click Here](#) for instructions to navigate the Astro.com website for your free chart.

**4) Spiritual Dance / Movement – Nina Ryan**

This session supports fun, inner exploration through the body through dance and movement. Participants, please wear loose clothing for movement and have paper and pen(s) available for drawing and writing.

Free Astrology site:

[www.astro.com](http://www.astro.com)

Instructions for use:

1. To Create a Free account, click on the My Astro, then Login, then Create a free registered user profile.
2. From the Home page, click on "Charts and Calculations."
3. Then click on "Extended Chart Selection."
4. Click on the "guest user" and go to the data entry page.
5. Then click on "+Add a Person," and fill in the date, \*time, and place of birth.
6. Then "Click Here to Show Chart," and your chart will be shown.
7. To print or save as a PDF, right click on the image and "Save image As" a PDF to save on your computer.

\*If you do not know your time of birth, you can get close by choosing the midpoint to determine your birth time, e.g., if you know you were born in the morning, you could choose 6:00 a.m., if afternoon, then 3:00 p.m., if evening, then 9:00 p.m., and if early morning, choose 3:00 a.m.