

Whole Community Meditation

25th March, 5.15 – 5.45PM

Intention:

Pausing in deep stillness we awaken as the emergent light

Dear Community, this month's WCM comes at a time when we're facing the challenge of COVID-19. We do not want to close the UH as we want to best serve our community. However, we ask you to please tune in and **minimise the number of people who attend in person.**

We intend to livestream this meditation. If that changes, we will be sure to let you know as soon as we can.

This is the time when meditation can really make a difference, when we can apply our spiritual practice in our daily lives, when we can ground ourselves in stillness and presence and offer it as a way forward to the world.

Any questions or suggestions: community.meditation@findhorn.cc