

Center for Awakening

January 2009 Newsletter

801-694-0787

www.centerforawakening.net

January Music Meditation

Sunday, January 25

191 East 7500 South

6:30 pm

*Join us for a powerful group music meditation that will take us into elevated states of consciousness where we experience **being** peace, love and joy and bask in the loving energy of the group. After meditation everyone is invited to a pot luck snack celebration. (bringing a snack is optional).*

Meditation is offered by voluntary love donation; all donations for the January meditation will go toward the Women to Women project detailed below.

***Ongoing Music Meditations** are every last Sunday of each month from September through May at 6:30 pm and located at 191 East 7500 South, Midvale. We welcome people of all spiritual paths and faiths, no charge, optional love offering accepted and put towards a charitable project.*

The Center for Awakening 2008

The Center for Awakening is a 501-C 3 non-profit organization promoting the New Thought spiritual philosophy of oneness and supporting charitable causes world wide.

The Center for Awakening has no salaried employees; therefore 100% of all donations go directly toward charitable causes and operating costs.

This past year the Center for Awakening has offered many spiritual classes, meditations and experiences to the public for free, donations are always optional and voluntary. All activities promoted by the Center for Awakening are aligned with the oneness philosophy and are available to all people regardless of their religion, race, sex, sexual preference, economic or social standing; all are welcome!

Below is a list of the charitable causes that the Center for Awakening has supported in 2008 due to the generous donations of its members. If you have donated time or money for meditations, yoga, Reiki courses or fund raising events then you have made all these charitable projects come to realization. Without all of you it wouldn't have been possible, you have made a difference in 2008.

A hot water heater for the Kanosh Indian community center

Helped a women needing a liver transplant &

A man with Cerebral Palsy

Donated money to an orphanage in Uganda

Helped a single parent family from being evicted

Donated to schools and orphanages in India

Brought coats and sweatshirts to the homeless

Donated food to the food bank

Helped out three families for the holidays

Raised money for Costa Rican families and schools

Provided supplies for the YWCA

THANK YOU! To all who have supported CFA in 2008.

REIKI MASTER COURSE

*January 4
10 am to 6pm
191 East 191 South
801-694-0787*

Awaken the healing power within your soul, to assist loved ones, your own self healing or to start your own business.

This course will include Reiki II, III and Reiki Master certification.

*To join in this class you must have your Reiki I,
Suggested \$150 tax deductible donation, proceeds will go
to very poor families in Costa Rica.*

YOGA with Bonnie

*Monday mornings 9 to 10:30 am
All levels welcome*

*Includes;
Opening kirtan
Short meditation
Breathwork/Pranayam
Yoga postures/Asana
Low back Releases
Relaxation/Savasana
Closing song*

Salt Lake Center for Spiritual Living

870 East North Union Ave., Midvale UT
Love offering

Community Events

Yoga

Mondays 9 am to 10:30 am
Salt Lake Center for Spiritual Living
870 East North Union Ave., Midvale UT
Love offering

Music Meditation

Sunday January 25 at 6:30 pm
191 E. 7500 So., Midvale, UT
Love offering

Kirtan by Lorraine

Sunday Jan. 4, Kula Yoga 7pm
Wednesday Jan. 14, SLCSL 7pm
Sunday, Jan. 18, Flow Yoga 6pm

Dances of Universal Peace

Saturday, Jan. 10, Inner Light Center located at 4408
South 500 East, 7pm.
Love offering

Group Meditations at Cottonwood Heights

Wednesdays 7 pm

*Sundays 5:30 pm
2174 Villaire Ave. 801-947-1871*

Taize

*Wednesday, January 28 at 7 pm
Salt Lake Center for Spiritual Living
870 East North Union Ave., Midvale UT*

*May this New Year bless each one of you with a grace that
fills your hearts with deep peace, abundant love, and
boundless joy. May miracles and wonders flow through
and transform each day of your life.
Namaste, Bonnie*