

# *Center for Awakening*

*October 2009 Newsletter*

*801-694-0787*

*[www.centerforawakening.net](http://www.centerforawakening.net)*

*[centerforawakening.wordpress.com](http://centerforawakening.wordpress.com)*

## *October Music Meditation*

*Sunday, October 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** one with all life, all Divinity and enjoy the peace, love, joy and transformative energy of the group. After meditation everyone is invited to a pot luck snack celebration.*

*There is no charge for meditations, voluntary love donations are accepted and all donations will go towards the Soles for Souls charitable project.*

***Ongoing Music Meditations** are every last Sunday of each month from September through May at 6:30 pm. No meditation experience necessary. We welcome people of all spiritual paths and faiths, optional love offering accepted and 100 % of all donations are put towards charitable projects.*

## *Fun Fundraiser Activity*

*Sunday Oct. 4 from noon to 5pm at Jean's house at 4440 Atherton Dr. (1100 West) Murray, UT, everyone is invited to help us make dream pillows to raise money for the Sole for Souls charity. We'll have a fun time and we'll be making a difference. Any time you can offer your help,*

*even an hour or two is great! Afterwards we'll visit and laugh together with lasagna and garlic bread and admire our accomplishments.*

## **Soles for Souls Charitable Project!**

*“Grandparents” are senior citizens who work year round in classrooms at the YWCA child care facility in downtown Salt Lake City. They receive way below minimum wage for their services and live on small social security incomes. We will purchase much needed winter shoes for all the grandparents at the YWCA.*

*Once we have raised enough money we will have a field trip and take the grandparents to a local shoe store to pick out their shoes. Anyone who would like to volunteer to be a part of this field trip helping the grandparents is welcome.*

## **Transformational Relaxation/Yoga Nidra**

*Join us any and/or every Monday evening for eight weeks for a transformational yoga nidra course starting on November 9, 2009 at 6:30pm at the Salt Lake Center for Spiritual Living, 870 East North Union Ave., Midvale UT.*

*Yoga nidra is integrative sleep of the yogis-a unique combination of alert awareness and deepest relaxation. It takes you to the higher centers of consciousness far beyond ordinary waking consciousness. In these deep*

*states, the mystical integrative powers of the third eye and ananda or bliss consciousness are activated giving you direct access to the extraordinary powers of your own intuition, creativity, health and abundance. Yoga Nidra goes beyond wakefulness and dreaming. It is an awakening of the deep, deep stillness of what is asleep within you.*

## ***Costa Rica Retreat***

*As many of you know I have been exploring options for a spiritual retreat in Costa Rica, this has been in the planning for several years initially inspired by Jim Sorenson at a board meeting a few years ago. Many of you have put down deposits on the retreat. With the intended property donated to us by Jim Sorenson not coming through it would be very expensive for us to have our own retreat, costing around \$2,500 per person for one week, not including airfare. Therefore I will be organizing a retreat to Costa Rica for everyone who is interested through Omega. An all inclusive week long retreat with a personal tent, all meals, all workshops, daily yoga, evening events, use of all the facilities including library, pool, beaches etc. is \$1,195 per person. You can register for the retreat directly through Omega, however in our next newsletter I will let you know which week this winter the Center for Awakening will be attending Omega as a group.*

*For all those who put a deposit on the retreat, (I have a list of all of your names), regardless of how much you paid, as promised, I will pay \$100 towards your 1010 Costa Rica retreat at Omega.*

*Go to [eOmega.org/winter](http://eOmega.org/winter) for more details*

## ***New Blog for Center for Awakening!***

*Go to the site below today and*

*sign up to be a member of our new blog site.  
You can read daily posts with New Thought insights*

***Centerforawakening.wordpress.com***

## **YOGA with Bonnie**

*Monday mornings 9 am to 10:30 am  
Salt Lake Center for Spiritual Living  
870 East North Union Ave., Midvale UT*

*Monday yoga is a great way to start your week in a conscious way. Every yoga class includes a kirtan, short meditation, pranayam/breathwork, yoga postures and philosophy and savasana/relaxation. All levels welcome!*

*Bonnie 801-694-0787*

## **Community Events**

### ***Music Meditation***

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

### ***Dances of Universal Peace***

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

## ***Taize***

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

## ***Ongoing Weekly Events***

### ***Meditations at Cottonwood Heights***

*There is nothing like opening to the indescribable joy and love of God. "Go to God" with us in our charismatic spiritual light sessions. Wednesday evenings 7PM. Sunday mornings 9:30AM, 2174 Villaire Ave. Cottonwood Heights. 365-2422 or 947-1871*

## ***Yoga***

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

## ***Deeksha Blessings***

*Every Tuesday at 7 pm  
SLCSL 870 East North Union Ave. Midvale, UT  
Love Offering*

## ***Community Advertisements***

### **Ad by Leesa**

The mind body soul experience is a group of certified healing professionals covering a wide range of healing modalities from intuitive readings, spiritual counseling, energy work and more. We come together once a month to offer an introductory experience of our services at an

affordable price. Our goal is help people find the healing tools they are seeking to assist in their own personal growth.

3rd Saturday of each month 11-2pm

The Salt Lake Center For Spiritual Living

807 East No. Union Ave. (South of Ft Union Blvd)

Contact Leesa Myers for more info: 801-824-0774

## Ad by Anna

### *Meditation in Nature*

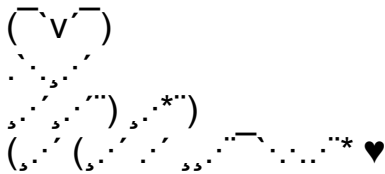
*Join us for sitting meditation in a beautiful Millcreek backyard,  
Sitting quietly for 40 minutes is such a great thing to do.  
It's a great place, and a great group.*

**9:30 - 10:30 AM Fridays**

3489 S. 2000 E.

Hope to see you!

Anna (801) 647-8311



## Ad by Mike

**Meditation** every Sunday from 630-730 p.m. at the Salt Lake Spritual Center. All levels of experience welcome! Questions? Call Mike @ 435/513-9008.

**If you would like to advertise on next months newsletter please email your ad to [awakeningmiracles@msn.com](mailto:awakeningmiracles@msn.com) by the end of the month; Please keep your ad to a few short lines and I will cut and paste what you send me onto the newsletter.**

May you see the glory of this now moment, living deeply now, grateful for all the gifts and miracles this moment offers. Blessings and love, Bonnie