

# Harmonious Balance

Creating stillness

Please join us at **Sattvic Space**

1308 Airline Blvd  
Portsmouth, VA 23707

**Sunday, September 20<sup>th</sup>, 2015 at 10am**

For a ceremony that encourages harmony and balance in your life.



Our purpose is to release negativity, replace it with positive energy, and seek inner stillness and peace.

## **Smudging Ceremony**

In Native American practice herbs are often burned in smudging ceremonies to drive out negative feelings, energy, or influences, and also to keep negative energy from entering the area where a ceremony takes place. This leaves all cleansed both physically and spiritually.

## **Reiki**

A holistic therapy which brings about healing on physical, mental, emotional, and spiritual levels through the flow of energy from the practitioner's hands when the hands are placed on, or held near a potential recipient.

## **Meditation**

We will use guided meditation to go beyond the reflexive thinking mind and drop into a deep state of relaxation and awareness to cultivate our spiritual connection.

**Facilitated by: Diane Lindsay & Jennifer McDuffie**