

During this challenging time, we are faced with uncertainty, isolation, fear and worry and the triggering of our reactive nature.

The practice of Meditation has the capacity to address each of these challenges. Meditation can help us to ground ourselves, which creates stability in times of uncertainty. Grounding also helps us to anchor our beings during turbulent emotions.

The science also states that Meditation can enhance your immune function by shifting out of parasympathetic dominance, commonly known as fight or flight produced by fear and worry.

Even though this class meets virtually on the Zoom platform, there is a strong sense of connection and community that can help us to feel less isolated.

But the real beauty of Meditation and specifically Heart Meditation is tuning our hearts to a peaceful state. Our hearts broadcast a signal that extends well beyond ourselves. We can positively impact the hearts of our families, friends and communities through our peaceful state of being.

And the feeling that you love from meditating in a group in person will be evident as always. It is the transmission of Light that inspires our Unity. I know this from virtual classes with my teacher Thomas Hubl and other teachers who “transmit” their classes.

“Meditation is not something that you do. Meditation is. And when you sit, you join in.” Thomas Hubl

I am hoping you will join in.