You are Cordially Invited to Attend the REA Interfaith/Meditation Service, Sunday, 11 AM, For a Facilitated Yoga Nidra “Divine Sleep” Meditation And Sound Bath Offering

Yoga Nidra is a guided meditation practice designed to deeply relax and release tension held in the subconscious and unconscious. Although "Nidra" means yogic sleep, it is actually a practice of awakening to one’s true nature.

The Sound Bath will complement the guided meditation with sacred sounds in the form of antique Tibetan and crystal singing bowls and other instrumentation and sounds that will enable you to move forward with ease, cultivate your intentions and to watch them unfold.

Out of respect for the facilitator and all attending we request everyone attending to arrive on time and stay for the entire service to eliminate any disruption of the meditation that is taking place by people coming and going, and doors opening and closing. While a seated posture is appropriate, anyone wishing to bring blankets and pillows for a reclined supine position should do so and plan on returning them to your room afterwards before you check out.

Speaking from a theistic point of view, nineteenth-century musicologist Edmund Gurney reflected: The link between sound and the supernatural is profound and widespread….If we are believers, then we can believe that the spirit is moving us in our ritual music. Ritual sound makes the transcendent immanent. It is at the same time ours, our own sounds pressing in around us and running through us like a vital current of belief, molding us into a living interior that is proof against the unbelieving emptiness that lies around” (Gurney 1880, The Power of Sound).

You will leave the Conference and return home feeling renewed and re-connected. The service will be facilitated by Robert Lee from Human Activation Humanactivation.com Namaste!