

meditation with brett

Wednesdays

8:15-9PM

FREE*

Join Brett Williams each Wednesday evening for a simple 30-minute group meditation. No teachings, no structure, just a simple gathering of community members in our sacred space. There will be minimal guidance allowing each individual to practice in the mediation style of personal choice. No experience necessary. It is said meditation in numbers can increase the positive vibrations that nurture our world. Join us each week as we explore this possibility....

Excerpt from: ***How to Amplify the Benefits of Your Meditation - Group Meditation Even if You're Alone***

Studies of meditation groups in cities have shown that a small group of people meditating in a neighborhood can bring peace and harmony to the neighborhood, though the actual number of people meditating may only be a fraction of the population. The term "superradiance," originally coined by the physicist Charles Misner was adopted by the father of Transcendental Meditation to explain the effect of meditation upon the surroundings of the meditation locale.

Dr. William Tiller, a physicist and Siddha Yoga meditator. who has made startling discoveries in the field of psychoenergetics (the study of the energy of the human psyche) has shown that all matter in our world is controlled by magnetic waves from another dimension or domain known as reciprocal space (R-Space). Those magnetic waves are influenced by our thoughts and may be changed using meditation. The amazing pictures of water crystals by Dr. Masaru Emoto demonstrate the effect that thoughts have upon simple organic matter, including water. Therefore, if you meditate and your thoughts are magnified while you meditate, you may be able to affect your physical surroundings, even health with the power of your intentions.

In the simplest terms, our thoughts are waves in that other dimension known as R-Space. When more than one person meditates, the strength of the waves may be amplified. It has been suggested that the waves are amplified by more than just the strength of the number of people meditating. In wave theory it is known as "constructive interference." For instance, if three people meditate together, the effect may be more than three times stronger, perhaps even exponentially stronger. Wave theory, Superradiance, and Biblical teachings seem to support this."

Langford, Wil. (2008) How to Amplify the Benefits of Your Meditation - Group Meditation Even if You're Alone. http://EzineArticles.com/?expert=Wil_Langford (7 April 2009)



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**Donations accepted & appreciated*