

Meditation SIG

Zoom Meditation from your safe space

Monday, April 13th at 4:30 pm

This period of social distancing is a great opportunity to get quiet and meditate. However, group meditations are even more powerful than individual ones. So let's stay connected via ZOOM!!! Zoom is an easy-to-use meeting app you can access via your phone or laptop and allows you to participate in video or audio.

Zoom is easy to use - here are a couple of links to tutorials on YouTube:

<https://www.youtube.com/watch?v=NIYudDeULlw>

<https://www.youtube.com/watch?v=hlkCmbvAHQQ>

Below is the invitation to join Zoom. You must join Zoom before our first meditation meeting.

Join Zoom Meeting

<https://zoom.us/j/591462640?pwd=VC9Pc3g4dE8xaElrblJsTmgvL0JVZz09>

After you have joined Zoom, send Sally Ekaireb an email requesting to be on the Meditation SIG meeting list.

Everyone on the list will receive a reminder of the meditation program and the link needed to join the Zoom meeting. Our first Zoom Meditation Meeting will be: Monday, April 13th at 4:15

Dream Yoga Meditation: A Shaman Guided Journey Practice with Linda Go

“What should you do when nothing works out by known methods?

You follow the unknown methods....be silent, feel your Real be-ing by journeying within.” --Sri Brahmananda Sarasvati, Nada

Linda Go will be sharing a sampling from her "Night School" Dream Yoga Meditation Practice with a few fun and possibly challenging lucid dreaming practices that may help you to:

- improve memory and brain function
- stimulate creativity
- achieve power of intent and problem solving
- dispel hidden fears and traumas
- attain forgiveness

Art of Dream Yoga through Lucid Dreaming Meditation Practices

Some meditation masters proclaim that practicing in a lucid dream can be up to nine times more transformative than practicing in waking life.

This is because lucid dreaming is a unique hybrid state of consciousness in which the conscious mind faces the unconscious mind directly.

When you transform the unconscious ground of your experience, you can transform everything above.

In general, lucid dreaming is used for purposes of self-fulfillment, while *dream yoga is used for self-transcendence*. Dream yoga transcends but includes lucid dreaming. Both practices create a fruitful “night shift” that can add years of awareness to your life.

We spend about six years of our lives in the dream state and 1/3 of our lives asleep. Dream yoga allows us to enter an exclusive “night school,”

offering an opportunity to practice in our dreams. Think about how much you could learn if you had an additional six years!

Linda Go is an initiated shaman in Nahuatl lineage and has been leading guided shamanic journeying for over 2 decades. Her Dream Yoga workshops help others to find the inner tools to heal from past pain and trauma, restore and strengthen memory and cognitive function, remove creative blocks, just to name a few benefits. Linda has recently incorporated Dream Yoga into her Sacred Passages Conscious Dying Doula practice for preparing clients and students for their sacred passage transition from this loka plane to the next.

Remember, to access this conference call one has to pre-register with Zoom.

All OLLI members are welcome at our meditation programs.

Meditation SIG contact: Sally Ekaireb

skekaireb@gmail.com