

Zoom Meditation SIG presents
Dream Yoga Meditation Series, Part 3
with Linda Go

Moderated by Sally Ekaireb

Monday, April 27th at 4:30-5:30 with Open Chat Room starting at 4:15

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

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*

This week participants will review two of the practices we did last week:

1. Re-Writing your Past---

Take any situation from your past that you wish had happened differently or thought should have turned out differently and re-write the scenario with the ending as you would like it to have been. Example: I regret and wished that I had seen Mary one last time before she passed away.

In your meditation see this as happening and what you both would say and do.

2. Forgiveness meditation:

Find someone you are no longer in contact with, or are unable to speak with, that you want to ask to be forgiven by or from and re-state what happened that you are asking forgiveness about. Hold them in your heart space and imagine them with you and how they respond. Stay in heart space and imbue them and your self with love.

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.

Each segment of this 4 part series is complete in its content. So while each week's information compliments the other, one can benefit from each individual program. Please contact Sally Ekaireb for the link to join our webinar and be added to the Meditation SIG list for future mailings. We hope you'll join us!

Join Zoom Meeting

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=hIkCmbvAHQQ>

Below is the invitation to join Zoom. You must join Zoom to participate in our meditation meetings.

Join Zoom MeetingJoin Zoom Meeting

<https://us02web.zoom.us/j/87355164928?pwd=Y21tazk5RDRLR2ZuSW9aOW94WEVBdz09>

Meeting ID: 873 5516 4928

Password: 801495

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.

Meditation SIG coordinator: Sally Ekaireb

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