



# Sacred Sound Meditation

Let go and ride the sound waves, allowing them to transport you into a deeper experience of yourself and reality. You are so much more beautiful, capable, magnificent and loved than you can imagine!

Relax into a safe and sacred space to release stuck emotions, cognitive distortions, trauma and negative programming... and be held in the loving embrace of God. A guided clearing and grounding meditation with vocal toning will clear and balance your energy, followed by the healing frequencies of bells, singing bowls, chimes, Andrea's angelic voice, sacred drumming, and more. Most find this meditation relaxing, rejuvenating, and even transporting to a place of peace that is hard to access otherwise; and profound healing often occurs.

*NOTE: Being comfortable and warm helps you relax fully! **If you would like to lie down for the deeper meditation, bring with you** a water bottle, thick mat/padding (i.e. camping mat, lawn chair cushions, thick yoga mat), blanket/sleeping bag, and pillows to be cozy on a linoleum tile floor. You may also remain in a chair for the whole meditation. Cushioned chairs are plentiful.*

**Andrea Wenger, MAHA**, works with sound, healing energy, and consciousness to create a sacred space for deep healing of body, heart, mind, and spirit. More about her vibrational healing work and CD of meditative songs can be found at [www.andreawenger.com](http://www.andreawenger.com).

**Friday, December 6**  
**7:00–9:00 pm**

**with Andrea Wenger**

**Unity Center for Spiritual Growth**

54 River Rd  
Windham, ME 04062

**\$20**

at the door, or online:

[http://www.andreawenger.com/  
events/sound-events/](http://www.andreawenger.com/events/sound-events/)

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