

## Full Moon Sound Healing Meditation

Facilitated by Andrea Wenger

Tuesday, September 1, 2020

6:00-8:00 pm

Unity Center for Spiritual Growth

54 River Rd

Windham, ME 04062

(in the backyard garden area)



As energies become more intense at the full moon, take a step out of the polarizing fray of collective consciousness to reset and rebalance in the beauty and tranquility of nature with other beautiful souls.

Let's come together in peace, love and harmony to release fear, anxiety and battle-mentality... returning to the zero point—a state of equanimity and balance within that transcends dualism. This is not a place of escape. It is the place from which we can make balanced decisions and take aligned action, coming from our hearts rather than old reactive patterns.

With ever-increasing frequencies on the planet, what is of lower frequency is being forced up and out of the shadows to be transmuted and released. It can't hide any longer. Allow the gentle healing sounds to assist your releasing and entrain you to the higher frequencies of love now available.

At your core you are pure love. Let's focus on and resonate with that truth together!

### Note to Attendees:

- This event will be outdoors and your comfort is important to relax deeply and experience the full benefits of this session. So, PLEASE dress in layers and BRING a water bottle and adequate blankets/mat (and/or a lawn chair) to support you in sitting and/or lying down in the grass. Also bring pillows/cushions/blankets (or a sleeping bag works great!) to be supported, comfortable and warm as the air cools through the evening. Access to indoor restrooms will be available if needed.
- Due to being outdoors, you are encouraged to follow your own inner guidance about whether to wear a mask and how much physical distance you want to maintain from others. Everyone's needs are different and will be respected.
- In event of rain, an alternate date will be communicated to registrants.

Register at <https://www.andreawenger.com/sound-healing-events/>

Cost on a sliding scale: \$11.<sup>00</sup>/22.<sup>00</sup>/33.<sup>00</sup>

Refunds will be issued only if weather requires a re-scheduling that you cannot attend.

Facilitated by:

Andrea Wenger, Sound Healer, Reiki Master Teacher, creates a sacred space for deep healing through sound, consciousness, and ancient healing practices. For more information check her website: [www.andreawenger.com](http://www.andreawenger.com)