

*Everything in the Universe is  
within you. Ask all from yourself.  
(Rumi)*

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### What's Happening?

- Both Free Meditation Videos are now available for viewing until new Session begins!
- Instinctive Meditation with Cyn is offering a VERY SPECIAL RATE if you and a friend join up.
- Winter Session starts SOON! Don't miss the sign-up deadline.

For details about Free Videos and the VERY SPECIAL FRIEND'S RATE, See Page 2 of this newsletter.

### Who Are You?



Photo from Images found on the Web.

And just like the moon, with its many phases of light and dark, you are always whole even if the brightness is slightly dimmed.

Author Unknown

The next time the thought arises, "I want this," or "I think that," Grab hold of this "I"—perceive it by itself. Wonder, who is this "I"?

I am animal,  
I am human.  
I am a loving heart,  
I am a questing mind.  
I am a particle of infinity,  
I am a witness to creation.  
I am consciousness itself.

In meditation, embrace all these dimensions.  
Reach into the source: the luminous  
World of dancing energies  
In ever-changing relatedness.

Sutra 108, Radiance Sutras by Lorin Roche

*When you do things from your soul,  
you feel a river moving in you, a joy. (Rumi)*

**More about Free Videos:**

The two free classes will provide you with some very basic, yet valuable experiences in Instinctive Meditation. In the first class, you will receive a brief summary of my background, as well as an introduction to what Instinctive Meditation is and isn't. We will end the class with the "Presence and Grounding Meditation."

In the second class, you will learn the benefits of making meditation a "fun" part of your life, and the "Do What You Love Meditation" will end the class.

Both free video classes can be accessed via my Mindful Moves LLC webpage.  
(See webpage link below.)

To access videos, Copy and Paste the link in your Browser URL box.  
Once on the webpage, navigate to the bottom of the homepage to click on the Instinctive Meditation link.

From there locate the "Free Meditations Button." Click on that, and you can click on the video to begin. *Please be patient when opening the link; it will take a couple of minutes.*

Both videos are presently available and will remain on the webpage until Winter Session begins.

**More about the VERY SPECIAL FRIEND'S RATE:**

Do you have a friend who might appreciate the opportunity to meditate? If you do, you will be pleased to know that Instinctive Meditation with Cyn will be offering the chance to save with a VERY SPECIAL FRIEND'S RATE when both you and a friend sign up for the Introduction to Instinctive Meditation Winter Session.

The seven week course's normal price is \$70.00; however, if you and a friend sign up together, the total cost for both will be \$80.00, just \$10.00 more for the additional person. These classes will be provided via Zoom beginning Wednesday, January 5<sup>th</sup>.

**Deadline for signing up:**

January the 4<sup>th</sup> is the deadline for registering for Part 1 Winter Session classes, and January 5<sup>th</sup> for registering for Part 2 Winter Session classes. These deadlines are set to ensure that you receive the Zoom link prior to first class.

To access video, and register for the upcoming Winter Session, **visit my website:**  
mindfulmovesllc.com