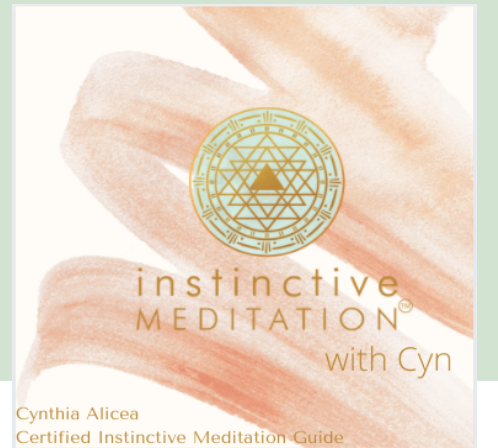


Everything in the Universe is within you. Ask all from yourself.
(Rumi)

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WHAT'S HAPPENING?

You may ask yourself, “Why would I sign up for a class and hand over hard-earned money, when I know nothing about the provider or the service?” If you would like a little more to go on than “sign here”, you’ll be pleased to know that I, Cynthia Alicea, an Instinctive Meditation Guide, will be offering two free meditations in the month of December. These two 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.

What Do You See?



Look closely at this photo. You may notice there are three markers identifying different paths one might take. Here nature is offering you a different journey every time you enter. Like this scene in nature, Instinctive Meditation, offers you options for taking the path or “Doorway” that brings you the most pleasure.

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

How to Access the Videos?

Both free video classes can be accessed via my Mindful Moves LLC webpage.

(See webpage link below.)

To access videos, Click on my Mindful Moves webpage link or Copy/Paste it 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 once the videos have been posted, you can click on the video to begin.

The first video is scheduled to be posted on the evening of December 7th and available for viewing on December 8th.

The second video is scheduled to be posted on the evening of December 14th and available for viewing on December 15th.

<http://mindfulmovesllc.com/index.html>

Cynthia L. Alicea

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