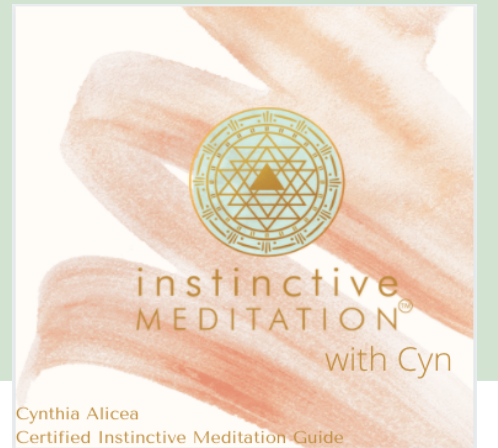


Everything in the Universe is  
within you. Ask all from yourself.  
(Rumi)

VOLUME 1 ISSUE 2  
PAGE 1  
DECEMBER 2021



#### WHAT'S HAPPENING?

- Friendly Reminder, the free videos mentioned in my last Issue, will be available for viewing in one week!
- Instinctive Meditation with Cyn will be offering a *Happy Holidays Gift Certificate*. Give a gift of Meditation and receive a discount when you sign up as well.

See details about Free Videos and Gift Certificate on Page 2 of this newsletter.

#### Where Are You?

"FINDING YOURSELF"  
IS NOT REALLY HOW IT WORKS.  
YOU AREN'T A TEN-DOLLAR BILL  
IN LAST WINTER'S COAT POCKET.  
YOU ARE ALSO NOT LOST.  
YOUR TRUE SELF IS RIGHT THERE, BURIED  
UNDER CULTURAL CONDITIONING, OTHER  
PEOPLE'S OPINIONS, AND INACCURATE  
CONCLUSIONS YOU DREW AS A KID THAT  
BECAME YOUR BELIEFS ABOUT WHO YOU ARE.  
"FINDING YOURSELF" IS ACTUALLY  
RETURNING TO YOURSELF.  
AN UNLEARNING, AN EXCAVATION,  
A REMEMBERING WHO YOU WERE  
BEFORE THE WORLD GOT ITS HANDS ON YOU.



Instinctive Meditation provides opportunities to Return to Yourself by accepting all of who you are into meditation. January 5<sup>th</sup> begins a brand-new "Introduction to Instinctive Meditation" session. Join the Journey!

Posted on Facebook by Earthmonk, Words by Emily McDowell

*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 once the videos have been posted, you can click on the video to begin.

The first will be available for viewing on December 8<sup>th</sup>.

The second video will be available for viewing on December 15<sup>th</sup>.

Both videos will remain on the webpage until Winter Session begins.

**More about Happy Holidays Gift Certificate:**

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 opportunity to purchase a *Happy Holidays Gift Certificate* for the Introduction to Instinctive Meditation Winter Session. These classes will be provided via Zoom beginning Wednesday, January 5<sup>th</sup>. You may purchase a 4-week session or 7-week session and will receive a discounted price if you sign up as well.

To access video, and purchase a Gift Certificate, **visit my website:** [mindfulmovesllc.com](http://mindfulmovesllc.com)

*Cynthia L. Alicea*

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