

Sacred Chanting: *For Peace, Prosperity & Enlightenment*

" Group chanting and prayer is very powerful. It can bring important changes."
~ Amma (Mata Amritanadamayi)

Chanting is a universal practice. Many spiritual traditions use the voice to cultivate power, for inward transformation and outer manifestation. Chanting acts as a bridge to reach other realms, helping us to resonate with Spirit, create fellowship & bring our visions into being.

For this workshop, we have chosen chants from a variety of sources that are easy to learn, lift the spirit and bring a sense of hope and connection. They are short, simple and easily memorized so you can carry them wherever you go, like this one:

We are Opening Up in Sweet Surrender

*We are opening up in sweet surrender
To the luminous love-light of the One
We are opening, We are opening*

*We are rising up like a Phoenix from the fire
Brothers & sisters spread your wings and fly higher
We are rising up, We are rising up*

By design, these chants are simple melodies and **don't require a trained singing voice**. We'll let Spirit move us during the afternoon, and add hoop drums, rattles and movement to heighten the experience.

Chanting together about peace, community, and the natural world is a wonderful way to celebrate the holiday season. Come add your voice to this celebration of light and love!



<http://photobucket.com/images/saheartenergy/>

Date: Saturday, December 4th

Time: 1:00 – 5:00pm

Cost: \$30

Only \$20 if paid in full by Nov. 29th

Full time student rate \$15.

To register or for more information, call 505-989-3507.

Jim Kinney and Jennifer Peters co-facilitate workshops at the Santa Fe Harmony Center. They are certified practitioners in luminous medicine and healing the light body. As part of their training, they traveled to Peru and worked directly with shamans of the Q'ero people in the Andes Mountains. They consider themselves "human potential" practitioners, providing experiential approaches to healing for over 20 years, using music and therapeutic methods from indigenous cultures, western psychology, neuro-linguistic programming, and a variety of spiritual practices.

