

I already pray. Why should I meditate?

Discerning Divine Will is a daily challenge. In prayer, after praising and thanking the Divine, we most often ask for specific help. Though the Divine always hears us, often our prayers are not answered the way we want or feel we need—a result that tests our faith and can even cause us to disconnect from our own Divinity.

Meditation is the natural companion to prayer: a way to better know Divine will...by listening! There is nothing mysterious about meditation, and anyone can learn how to meditate. Meditation is the simple act of quieting our own needs and wants, of making inner space to *know* and *accept* what the Divine wants for us. When we meditate, we return to human *being* in each moment. We awaken to a higher relationship with life, and we align consciously and peacefully with Divine Will.

Discover a deeper way to know the Divine.



I've tried to stop my thoughts, but it never works. I'm frustrated!

No one can stop their thoughts, any more than they can stop their stomach from digesting! I will teach you an *easier* and *proven* way. Meditation is a practice of going deep inside to connect with your infinite soul. I teach ancient techniques to guarantee a satisfying and repeatable meditation experience—every day! *I already practice mindfulness. Why should I take this class?*

Mindfulness is only one of dozens of meditation forms. We'll study 15+ meditation techniques for different circumstances. My goal is to help you find specific meditations that work *best for you* to open a daily channel to the Divine.

Cost: \$180

REGISTER AT:

transformation-oracle.com/peace-of-mind/

Sonya Shannon (Ad Sach Kaur) has practiced meditation since the '90s. A profound vision at age 11 compelled her to follow a higher destiny. At 15, she opened the channels to divinely inspired artwork and spiritual messages. As a Yogi and Mystic, Sonya studied



meditation forms spanning Zen, Tibetan Buddhist, Kundalini (Sikh) and New Thought Prayer Treatment. She is passionate about using her gifts to help people overcome childhood wounds, and believes that all are entitled to our God-given birthright of empowerment, self-fulfillment, and connection to the Divine.

Peace of Mind

A Meditation Workshop

Join us for 6 interactive sessions!

Tuesdays May 18, 25

June 1, 8, 15, 22

∞ 6:30 - 8:30 pm ∞



Online Zoom Intensive
with Sonya Shannon

Peace of Mind

A MEDITATION WORKSHOP with Sonya Shannon

Part 1 · Discerning Divine Will

May 18, 2021 · 6:30-8:30pm

Introduction

Your Spiritual Anatomy: Coping With Stress
The 3 Minds: Negative, Positive and Neutral
Meditation Basics

Mind-Balancing Meditation

Conscious Transmutation Through Breath

Relaxation Sound Bath

May 25, 2021 · 6:30-8:30pm

Slowing Down

Slowing and Controlling the Breath
Breathing in Segments

Celestial Dance Meditation

Sealing the Meditative Benefits

Part 2 · Finding Peace When Lost...

June 1, 2021 · 6:30-8:30pm

Creating Sacred Space I

Clearing and Opening a Space for the Divine
Your Personal "GOD" Box

Meditation to Overcome Depression & Fear

Drawing Meditation

June 8, 2021 · 6:30-8:30pm

Creating Sacred Space II

The Home Altar & Meditation Space

Meditation to Release Fear and Calm the Heart

Meditation to Conquer Difficult Challenges

Guided Meditation

Part 3 · Living in Divine Light

June 15, 2021 · 6:30-8:30pm

Meditation for Prosperity and Success

Walking Meditation

Meditation for Deeper Connection with Others

Meditation for Sleep at Bedtime

June 22, 2021 · 6:30-8:30pm

Meditation to Release Angry Thoughts

Partner Meditation

Silent Journal Meditation

Guided Meditation

Take this class if you...

- want relief from stress over changes in your life or the world, due to the pandemic, environment, economy, etc.
- can't fall asleep—or wake disturbed in the middle of the night and can't get back to sleep
- truly want to reach and maintain higher consciousness
- tried to stop your thoughts or sit still, but it didn't work
- practice mindfulness and want to find even deeper peace
- heard about meditation and want to find a practice that works for YOU



Register Online

transformation-oracle.com/peace-of-mind/
Questions? SonyaShannonArtist@gmail.com



What People Are Saying...

"This workshop helped me release a very old pattern and restore my hope. I could see how my higher self is connected, I could see me becoming One. The course notes and definitions are wonderful—so much was given! Thank you!"

~ Deborah Bentley | Pueblo, CO

"This workshop gave me new and beautiful ways to connect with the Divine. I L.O.V.E.D. the prayer walk—such calmness and energy. The meditation to focus the mind touched me very deeply, especially when we would come to 'Death': very moving. I recommend this class for grieving persons - I was finally able to release my loved one."

~ Roxann Murphy | Pueblo, CO

"The music in our workshop was wonderful...very relaxing. I enjoyed the personal stories that Sonya shared. So grateful to have the course notebook. Loved this workshop—everyone would benefit from taking it."

~ Lin Walsh | Littleton, CO

"I felt such a powerful connection to myself and my Higher Power (GOD) through the different techniques of breath work, mudras, postures and eye focus. The music and incense prepared me for the journey. Sonya's teaching brought me closer to my inner self."

~ Kevin Gallegos | Pueblo West, CO

"The teaching on the Ten Bodies, which we had never heard, opened up awareness of a lingering issue—and a way to heal and transform. The book, music, and activities were put together to be easily understood, and Sonya did an amazing job of presenting it all in love with a sweet and joyful spirit."

~ Joanne Pullara | Pueblo, CO