



Sunday, November 11th, 2018 ~ 10am ET ~

(Optional) Intention Grid: Bring your cloth/mat/base image, crystals, stones, oils, candles, and sacred objects with you as you prepare for our time together. You can set up your grid before we start, as we are going through the meditation and you feel inspired, or when we are complete and you are integrating or listening later in the day. It is all perfect! Trust your own intuition and know that *your* connection with Gaia through *your* Grid is exactly what is needed for this week.

Meditation: Settle into a comfy spot, close your eyes, and let your body slow down for a quiet hour with your Soul. If you'd like to arrive up to 10 minutes early, Snatam Kaur's version of [Ong Namo](#) will be uniting us in community musically. All phone lines will be muted as you arrive and we'll start promptly at 10 and wrap up at 11 am. I'm looking forward to guiding you in our meditative gathering this week!

LIVE - Attend by Phone: (425) 440-5010 Pin Code: 825218#

Full list of Local dial in Numbers (so not long distance): [Click here](#)

LIVE - Attend by Web, Web Call, or Skype: [Click here](#)

REPLAY - Listen to the Recording: [Click here](#)

Thank You for Our Exchange! Xoxo

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