



[www.innerspiritualcenter.org](http://www.innerspiritualcenter.org)

333A Route 46 W, Fairfield NJ, # 255

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## **PRESENTS**

### **The Gift of Guided Meditation**

**With Leslie Sommers**

**A workshop- Open to all Levels**

**July 20, 2018 7:00- 9:00 pm \$ 45.00**

**A guided meditation is a process in which one finds inner stillness & calmness in response to verbal or written direction. To increase one's focus, quiet the mind and increase awareness of the present moment, aids are often used. These include visualizations, sounds, breath, movement, music, video, scent, and combinations thereof. Meditation can help reduce stress, promote relaxation to enhance our own personal and spiritual growth.**

**In this class, students will participate in a group guided meditation and then learn how to write one of their own meditations for their own use or to help others. If you have struggled with meditation or are interested in learning how you can guide others in this process, this class is for you! No previous experience is necessary, All are welcome!**

**(Bio on back)**



**Leslie Sommers**

**Leslie L. Sommers is the owner/operator of Inner Calm Reiki, LLC, located in Northern NJ. She is a Reiki Master/Teacher, Energy Healer, Empath, Intuitive, Artist & Writer, as well as a non-denominational Ordained Minister & Spiritualist. She offers Reiki for people & pets (in-person or distantly), Card Readings, Animal Readings, Auragraphs, Intuitive/Spiritual Coaching & personalized Guided Meditations. As a very young girl, she often felt and knew things that others were unaware of, and that she had an ability to make people feel better. Although she has been fortunate to enjoy many hats over the years, and likes having diverse skills, she would say that aside from her healing work one of her most rewarding roles was that of a mother. Her children being her greatest joy. She believes in a mind, body, spirit connection and that ultimately to truly heal, you must treat the whole person and not just parts of them. Reiki, being the wonderful modality it is, works on mind, body & spirit. It's intelligent in that it can do no harm, knows where it's needed to be most beneficial, and always works for an individual's highest good. Leslie loves connecting to the life force energy and teaching about it to others. Being an Empath & Intuitive for as long as she can remember, she has always been drawn to healing work and has since dedicated her life to it. When she's not working on clients or teaching, she can be found on her Facebook business page, where she writes & shares her inspiring & motivational posters and artwork. Leslie can be reached at: [innercalmreiki@gmail.com](mailto:innercalmreiki@gmail.com)**

**Leslie is a member in good standing with:**

- International Association of Reiki Professionals**
- ICRT Reiki Membership Association**
- Universal Life Church Monastery**
- The Wellness Universe**
- MindBody Network**