



Unity of Madison – Sunday, May 18

Guest Speaker for 8:30am and 10:30am services

What is it that your soul truly desires? Healing may appear to be an action of the body, but I find that it begins when we allow the dreams and desires of our soul to speak to us. Listening to our soul let's us bring into our lives what our soul needs to both nourish and challenge us into spiritual growth. Norma will add her own soul's expression through song to the service time.

An experiential workshop applying the four principles of Sound Shamanism to our bodies, minds, emotions and lives. Norma shares her insights and leads us through a series of meditations to release thoughts, emotions and beliefs that no longer serve the journey our soul desires for us in this lifetime. Wear loose, comfy clothes. We will be doing gentle movement and toning. This time is participatory and open to all.

- Release thoughts that don't move you forward in your life
- Notice and release out-of-time energies around your body
- Thank and release guides and angels that have completed their service to you.
- Create space to welcome those guides, angels and people into your life that more perfectly assist you at this time in your life

Monday, May 19