

FOR IMMEDIATE RELEASE

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(SEDONA AZ) Sedona Meditation Training Company hosts a meditation gathering at the Sedona Creative Life Center

How do you want to start your New Year? In peace, or stressed out? Meditation has been called the perfect antidote to stress. It reduces stress in the nervous system. It can change the way people see and experience the world. It's easy to do even for people who say they can't quiet their mind. There are many different types of meditation, but ultimately they all share the common goal of quieting the mind, relaxing the body, creating balance and inner peace.

Join the one-hour meditation gathering at the Chapel at the Sedona Creative Life Center on Schnebly Hill Road on Saturday, January 15, at 5:00 pm sponsored by the Sedona Meditation Training Company. Led by Sarah McLean who served as the Education Director for Deepak Chopra, attendees will be introduced to the basics of meditation and guided into a silent meditation.

The 15 of January is the first day of a 40-day world-wide meditation effort called the Winter Feast for the Soul. Last year over 10,000 people in at least 29 different countries participated in this worldwide event. The Dalai Lama has endorsed the Winter Feast for three years and now Deepak Chopra has added his endorsement to the list saying, *"Meditating forty minutes a day for forty days, as done in the Winter Feast for the Soul won't just further one's conscious evolution. Humanity will be at peace when enough individuals choose to make peace a part of their spiritual practice."*

"Winter Feast is that when people spend a block of time each day focusing inward they will discover there a source of inner peace. That peace, if shared by enough

people will spread around the world,” says Winter Feast founder, Valerie Skonie, of Hailey Idaho, who visited Sedona recently. She said that the initial inspiration for the Winter Feast came when she read a three-line poem by a 13th Century mystic Jelaluddin Rumi:

*What nine months does for the embryo
Forty early mornings
Will do for your growing awareness.*

That’s when she decided to make something happen. Spiritual practice can be defined as prayer, meditation, reading sacred texts, yoga, martial arts, and expressive arts. “We even had a woman who committed to singing for forty minutes a day last year,” reports Skonie.

Consider the stories of Noah, Elijah, Moses, Jesus, Buddha, and Mohammed. Each spent forty days in retreat or contemplation. When these prophets returned from their inner journey, they had changed, and, in turn, their world had changed. “Now it is our turn to participate in this shift and not to look to our spiritual leaders to do it for us,” says Skonie.

Join the first day of the Winter Feast for the Soul at the Sedona Creative Life Center in the chapel. Attendees must be on time to participate in the group meditation. The event is open to the public, though space is limited. No meditation experience is necessary. Admission is \$10. To register visit www.SedonaMeditation.com, or call 928-204-0067.

Learn more about the Winter Feast for the Soul by going to their website:

<http://www.winterfeastforthesoul.com>.

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