

## ONLINE DAILY MEDITATION



### *Set the tone for the day and start a healthy habit*

In these turbulent times, it seems appropriate to share one of my passions and practices: sitting meditation. From Monday to Friday 08.00am – 08.30am

One of the core Quinx assumptions is that there is indeed a ground of all being, that is both unchanging and never goes away, that is untouched by a virus.

There are three goals to these meditation sessions:

- Creating an anchor in yourself
- Awakening to the ground of all being
- Understanding the strength and effectiveness of a regular spiritual practice

I will bring some guidance and also end each meditation with a heart-opening or prayer to offer the world. You are free to join whenever you like, but of course regularity helps.

To join the meditation on Zoom send a mail to Ann-Kasra, [info@quinx.org](mailto:info@quinx.org) and ask for the Zoom link.

### **Facilitation : James bampfield**

### **Practical info**

**Data:** Monday to Friday 08.00am – 08.30am

**How to subscribe:** Send a mail to [info@quinx.org](mailto:info@quinx.org) and ask for the zoom link.

Quinx transforming the way we live and work ● [www.quinx.org](http://www.quinx.org) ● [info@quinx.org](mailto:info@quinx.org) ● ©