

# Summer Workshop Series

## MEDITATION

### A Simple Eight-Point Program for Translating Spiritual Principles Into Daily Life

led by Rev. Jill Lacefield

Wednesday, August 16

6:00—9:00 PM

Love Offering

Using the principles presented by Eknath Easwaran in his book, *Meditation*, you will be given a practical daily program for spiritual transformation and introduced to the following 8-point program:

- Meditating on Wisdom Prayers
- Using a Personal Mantra
- Slowing Down
- One-Pointed Attention
- Training the Senses
- Putting Others First
- Spiritual Companionship
- Reading the Mystics

**If you are looking for practical ways to ground your daily life in Spirit,  
this workshop will help point the way!**

*See Information Table for sign-up sheet or call the church for more information,  
530-895-8395.*

**Spiritual Enrichment Center  
Chico Church of Religious Science  
2565 California Park Drive  
Chico, CA 95928  
530-895-8395**

