



Samyama:

Alchemy of the Heart

An Introductory Samyama Meditation
Teleconference
with Sheila Foster

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Tuesday, February 2 ~ \$25
Please register by January 26

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Tuesday, March 2 ~ \$25
Please register by February 23

4-5:30pm PT; 5- 6:30 pm MT; 7- 8:30 pm ET

Samyama is a practice and a path of direct experience.

Samyama an ancient meditation practice from Raja Yoga that unexpectedly appeared in my meditation one day about 17 years ago. Samyama makes it possible to directly experience life as it is, be in the present moment, and meet ourselves in our own precious hearts, no matter what is happening in any given moment. It is also a path and a portal to the realization of our essential being, the pure awareness that is the unified field. The practice also offers a profound level of healing for our deepest wounds. From my own experiences, as well as witnessing so many others doing Samyama, I see that it is an amazing gift of Grace that keeps on giving, endlessly, and an exquisite vessel of receptive devotion.

Samyama is truly Alchemy of the Heart. This means that when we learn the skill and cultivate the practice, amazing changes occur within our hearts so that healing of painful emotional states occurs and we open to the silence and peace of our essential nature.

These extraordinary times are calling us to develop an extraordinary capacity to return to center, Source, our Ground of Being. This is where we can find rest and nourishment, feel complete and quiet, no matter what is happening. *Samyama* makes it clear when to take action, when to do nothing, and decisions become obvious and organic. *Samyama* brings great clarity and peace in any moment. *Samyama* allows us to *hear with our whole body-heart-mind*.

This call will be a guided meditation into the Heart of Hearts by way of the *Samyama* practice. *I* was initiated into the practice of *Samyama* 17 years ago, and have used it daily ever since. It is a radically, life-changing practice, especially useful during difficult times.

Samyama is an amazing vehicle for being utterly present with one's own feelings and heart, for healing, for clarity, and for opening into nondual awareness, and going into silence. Attention becomes focused and engaged with the Heart instead of the mind. It is a practice you can use anywhere, any time, to feel and be with what is, as it is. Once practiced at it, you do not have to sit in meditation to use it--

it becomes a way of being in life, offers a paradigm shift from thinking to heart, and allows us immediate access to ourselves and to stillness.

For more information on Samyama, go to:

<http://www.templeofthesacredfeminine.com/Temple/PriestessPortal/Samyama/index.html>

To read what others say about their experiences with Samyama:

http://www.templeofthesacredfeminine.com/articles/article_whatpeoplesay.html

To register, please email Sheila at temenosctr@aol.com

If you cannot attend but would like to have a copy of the recording, email me. The cost is \$25.

Tuition: \$25 paid one week prior to each event.

Please email me to register. Credit Cards accepted.



Sheila Foster, M.A.

Samyama literally dropped into my meditation about 17 years ago and I don't know what life would be without it. It transformed from a 'practice' to a way of living and seeing from my heart rather than my head. I have taught the mediation practice to many people and have trained many healers in the Samyama Healing approach over the years, and have witnessed many miracles and always the Mystery at work with us.

I have been teaching Jungian Psychology with particular emphasis on the Feminine and working with Sacred Feminine initiation since the early 80's. I have a deep interest in masculine spirituality and working with men and couples, as well. The archetype of the Sacred Marriage and the alchemy of relationship, are important aspects of my work.

For more information about me and about the School, please go to:

<http://www.templeofthesacredfeminine.com/Temple/AboutUs/index.html>