

NATURE CALLS

*Grounded Living
Answers*

Fall 2019 Grounded Relating sponsored events



DARDEN TOWE WALK

Let's walk along the river, on unpaved but mostly level ground, taking in the sights and sounds of mid-Fall. It's good for your bones and your spirit! (October 25)

INNER CHILD PLAY

Enjoy simple living this Fall: get outdoors, walk a Corn Maze, relive your youth, and join Charlie Brown's age-old search for the Great Pumpkin. (October 27)

SUNRISE SILENT SIT

Before the time changes and the weather becomes bitterly cold, let's do a silent sit and witness a simple life, daily ritual of sunrise and presentness. (October 31)

NEW OFFERINGS: SILENT MEDITATION

Outdoors, Online, in a Yoga Studio

Become like water: move easily between fluid, rippled and still consciousness states. Give Meditation a try in November: Outdoors on the Blue Ridge Parkway (Oct. 31); at Sanctuary Yoga in Staunton (Nov. 12); or in the comfort of your on home on Zoom (Nov. 12). November 2019 might be your month to try some new awareness and meditative practices!



Grounded Living gets you Outdoors!

OFFERING SMALL GROUP, FALL EXPERIENCES

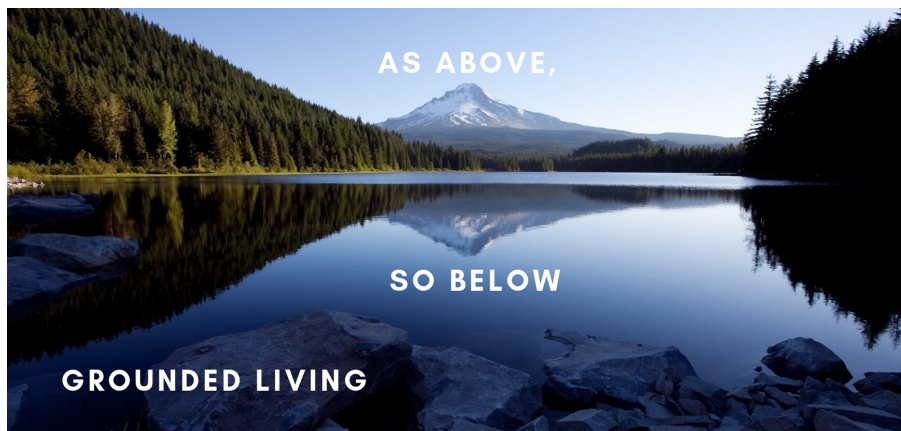
THE LAW OF LOVE

The Walter Russell Museum hosts speaker Chris Hiegel

Those of you out there interested in matters of the mind, consciousness states and science won't want to miss this event!

The newly opened Walter Russell Museum in Waynesboro, VA, will host it's first speaker on October 30, from 6:30-9:00PM and the topic is around the Law of Love, Kundalini energy, and Walter Russell's Natural Science, with an integrative leaning towards cosmic consciousness.

The Walter Russell Museum is an outreach and educational effort of The University of Science and Philosophy. Grounded Living members are attending the event as a group. Tickets are \$20 at the door.



GET GROUNDED!

AS Above, So Below

At Grounded Relating, LLC, our goal is to promote human compassion through self-awareness. We educate people about themselves and their interactions with others. By so doing, we hope to add to the overall expansion of human compassion.

The Grounded Living Meetup is wholly sponsored by Grounded Relating, LLC, and offers small group experiences in presentness.

Events include naturally grounding outdoor activities, meditation sits, Sharing Circles and educational discussions.

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Promoting human compassion through self-discovery.

The Grounded Living Meetup
P.O. Box 455, Waynesboro, VA, 22980. 434.326.0884

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<https://www.meetup.com/Grounded-Living-Meetup/>

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