

bell & breath meditation

*Set an intention to follow your breath
in simple meditation as
practice towards cultivating Awareness.*

*Periodically, a bell will be rung to remind
us, "back to our breath".*

It's simple as that.

*Practice presence,
being present.*

*Practice setting this intent, then noticing
distractions.*

*Practice Awareness,
non-judgmental,
choiceless
observing*

*Practice
the Aware Ego process.*

Sundays • 5:00 - 6:30 • Donation
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