

## Introduction to Meditation 9/14/11 - Wed Gathering in Rockville

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Michael/Michelle here:

I have been meditating every day for over three years now. This year I have found it has really helped me stay calm and centered and grounded as many things change around me. I remembered when I started meditating I worried was I doing it right? What about all these stray thoughts? What if I skip a day? This week Randy will help those who want to meditate every day but not stuck trying to do it.

This week I am in in Ascuncion Paraguay. Paraguay has relaxed vibe plus a stubborn/proud streak, almost a death energy (they had a war in 1870s with Argentina and Brazil and Uruguay where 99% of males over 15 years old in country died - still recovering from that - that is why only 6 million people live here and it is almost the area of California which has 36 million

people). I am applying for residency here because it is easy to get and will led to second passport in 3 years if I want it. Can use to live in Chile or Peru etc or even here. But I think I prefer the mountain vibe to the low land tropical one. Though the people are friendly here and the women are into high heels (which I like :-)) it is a bit conservative. Only legalized divorce a few years ago. it is the Catholic influence I think. They also got rid of a dictator in 1989 and had a pretty violent time under him (however the revolution was fairly peaceful in 89, sorta like the East German Wall toppling after years of brutal dictatorship there. Hmm may there there was something energetic going on in 89 that lead to so many dictatorships changing in Eastern Europe and South America at the same time...).

I tell you the police here look like they are dressed to be in WWII German Afrika Corp... or French foreign legion... kinda weird but I guess a bit better than all the police in some other countries looking like they are in the Army. Almost like I am in the movie Casablanca! Of course these days I sometimes think that the police in USA and UK look liek the Army too - when I seen SWAT team like cops in the airport carrying automatic weapons and bullet proof vests... and read about raids by SWAT teams with the FDA on raw milk farms or Gibson Guitar...

love  
M/M

PS We have three talented healers living at my house: Randy, Rukmini and Sandra. Plus myself remotely. Learn more about what we can do and help support this Sandbox gathering place at <http://abundantmichael.com/blog/page.cfm/Sandbox-Healers>

This [Wednesday gathering](#) we learn how to Meditate with Randy Goldberg. How would your life be if you were more centered and calm during crises? What problems did you have last time you tried to start meditating on your own? How would guidance from a former Yogic monk who has meditated in Indian ashrams help you?

We will learn how to establish yourself in a daily meditation practice

We will learn several types of meditation, including breath, grounding, visualization, and mantra.

Meditation is the art of expanding your awareness and realizing your inner wealth. We will explore the various obstacles people face in doing a regular daily meditation as part of their self-care routine.

Randy Goldberg has taught meditation to individuals and groups including at GWU, AU, and Howard Universities, DC-JCC, and Takoma Metaphysical Chapel. Randy is a former Yoga monk, a Craniosacral therapist, a world renowned astrologer interviewed by the Washington Post and by CNN. He facilitates Family Constellation therapy for individuals and groups. You can reach Randy at randy (at) randygoldberg.org or 202-380-6850 [www.randygoldberg.org](http://www.randygoldberg.org)

- Michael/Michelle

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