

Active Sound Meditation

Hosted by Galilee

A 2 hour program harmonizing body soul connection

This form of meditation is a bridge for you to remember your relationship with the one...the creator. In this meditation, (as it is active) we loosen the body with dance first and sing a little for the harmonization of group energy. In our traditions, we have been taught how to meditate, truly, you cannot learn meditations; as meditation is not born from connectional reality; its movements are directed by a quality of being called, "honesty, tenderness, freedom and respect for all that is." After we relax the body.

Galilee has journeyed the world, unraveling some of the mysteries of sound and its healing potentials; she sings and chants into a Turkish A-frame hand drum using a spell-binding range of tone and overtones, providing a soothing mystical lullaby for the soul. Songs of light pass through her body. Powerful and revealing, this meditation evening is a magical inward journey, giving you the opportunity to experience the inner soul while guiding the movement of your body.

Galilee's gift has graced temples in India, the Pyramids of Egypt, including the Pyramid of Giza in Cairo, The Railway Performance Centre in New Mexico, numerous Basilicas across Canada and many other cities throughout North America.

December 12, 6:30 – 8:30 p.m.

Church of Truth

111 Superior St.

Investment: \$20.00

Bring a blanket, yoga mat & water



Event Poster:



active sound meditation
hosted by Galilee
a 2 hour program harmonizing the body soul connection
this mystical experience provides access to wisdom, healing and personal transformation

"I feel our society is at the flowering of a new era. It is our moment in time to blaze new paths; even with Meditation."

This Form of meditation is a bridge for you to remember your relationship with the one...the creator... In this meditation, (as it is called Active) we loosen the body with dance first and sing a little for the harmonization of group energy. In our traditions, we have never been taught how to meditate, truly, you cannot learn meditation; as meditation is not born from conceptual reality; its movements are directed by a quality of being called, "honesty, tenderness, freedom and respect for all that is." After we relax the body. Galali has journeyed the world unravelling some of the mysteries of sound and its healing potentials; she sings and chants into a Turkish A-frame hand drum using a spell-binding range of tones and overtones, providing a soothing mystical lullaby for the soul. Songs of light pass through her body. Powerful and revealing, this meditation evening is a magical inward journey, giving you the opportunity to experience the inner soul while guiding the movement of your body.

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