



YOU ARE INVITED TO INSIGHTS!

*Insights~ Discovering Wisdom Through Meditation,
Exploration and Sharing*

Insights meets every Wednesday 6-7 pm Mtn Time VIA ZOOM

PLEASE OPEN THIS LINK ON WEDNESDAY TO ZOOM IN:

<https://zoom.us/j/952104718?pwd=dUFKcTFDemhOLOREdERpdGtUQzZsZz09>

Wed May 13- Paula Nirschel "Reflection and Connection"

Wednesdays May 20 and 27- Mike Jacobs

*A message from Mike: What are the techniques you use to bring yourself back to your truer self (home, presence) when you see that you are being defensive, overreacting, too much in your head, or under the influence of an inner critic attack, overwhelming emotional reaction, habitual pattern or addiction? Please provide 3 to 5 examples. The examples can as simple as "I take a breathe" or I tell myself "this too shall pass" or something more elaborate.

*Please email your responses to mike.jacobs7@gmail.com with **Insights** in the subject field. He will gather the responses and that will be our reading.

~Insights is community joining together to explore spirituality and to share experiences and perspectives

~We e-gather in an all-inclusive, non-hierarchal circle of trust

~Everyone is recognized as both teacher and student

~We practice courageous self-disclosure and attentive, empathetic listening

~We honor the beauty of diversity, align with truth and practice living in harmony

~We meditate, explore and connect

Hope to be with you!

Love,

Barbara Lynn Bloemsma 970-948-7777

