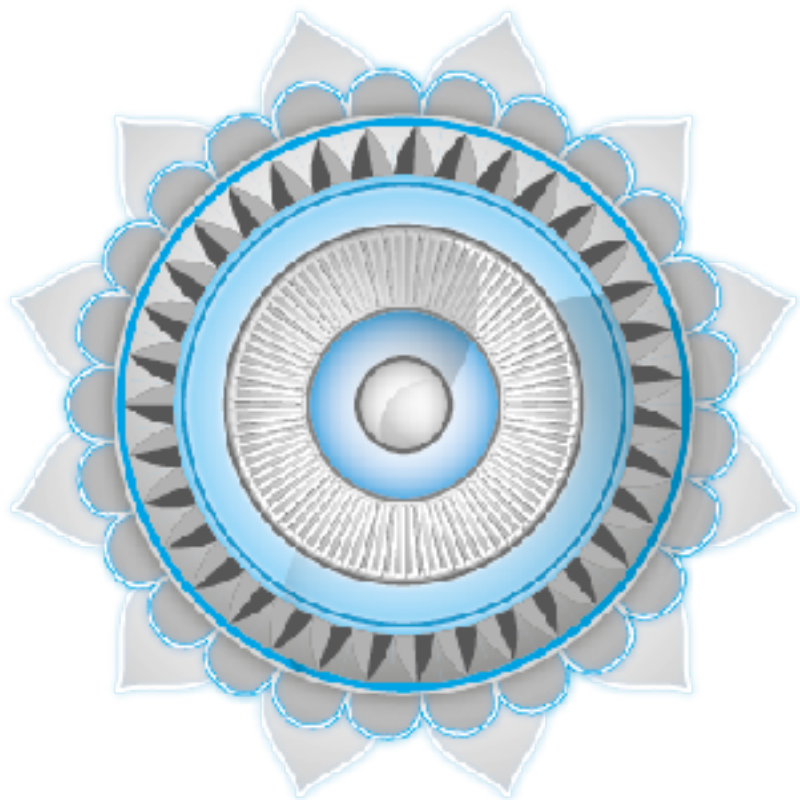


# INSPIRATION, INTUITION & IMAGINATION



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SUPPORT PROGRAMMES 2025

London SE14 & ONLINE

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## YOUR INNER PATHWAY TO HOPE

Whether you are seeking inspiration, wanting to explore your intuition, or capture your imagination, they are all routes to your inner voice and pathways to hope.

We offer three ways of joining with like minds and committing yourself to a set period of inner exploration.

*‘... so much of life remains undiscovered by those who are living it. So little curiosity is applied to observing and experiencing the full richness of the subtle bodies and energy fields that surround humanity, for it is in the observing that the effect is grounded.’*

*The “Librarian” (The Library of Lives)*

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## KEEPING A JOURNAL

You will be invited to keep a journal. If you already meditate, recording your insights will focus your mind on the holistic and multi-sensory experience of meditation. It can be in any creative format, but at its heart is commitment, first to yourself and then to the process. You need to turn up, tune in, and record.

It is a gift that keeps on giving, once you learn to trust the process you will see your own ethereal beauty shining back. It takes practice and self-discipline to prevent yourself from judging and censoring yourself, which why working with others in a trusted environment is invaluable. It is here you will begin to see the strands of eternity weaving together in a tapestry of Light.

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## SUPPORT CIRCLES

Series of 4 weekly meetings of 1.5 hours.  
Tuesday and Wednesday mornings at 10am.  
Wednesday evenings at 7pm.

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## MONTHLY WORKSHOPS

Series of 3 for 2 hours.  
Sunday mornings at 10am  
12 April / 17 May / 14 June

### FACE-TO-FACE OPTIONS:

Maximum of 5 participants

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## ZOOM ONE-TO-ONE

By arrangement  
Minimum of 3 sessions.

### JOIN FELLOW TRAVELLERS WHO UNDERSTAND THAT:

... in a world full of people the spiritual path can feel lonely;  
... one size does not fit all;  
... everybody stumbles and falls;  
... accepting your own Light enables you to see it in others.

Website: [zdfinn.com](http://zdfinn.com)

Email: [zdfinn@icloud.com](mailto:zdfinn@icloud.com)

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## EXTRACT ON JOURNALLING

From: “*The Librarian*”

‘It is a form of writing that is devoid of commercial intention. You have to intend to put the time aside, to clear your mind not just of tasks but of what you feel anyone else might wish to read, or find acceptable. You have to intend, and practise, the form of meditation, self-reflection, self-emptying that you embark on every day and create the space for the Light to fill you. And you have to believe in that Light.

‘You also have to believe that you are not alone, that you have inspirers, be they artists, authors, potters, jewellers, musicians, poets, scientists, doctors, any number of creative forces within your Higher Self who are willing and able to bring their Light to bear. And by their Light I mean the stream of consciousness that they expressed in their lifetime and which they have explored further in the Spirit realms.’

**ZD FINN:**” It is **just** a matter of clearing your personal cupboards of doubt, disbelief, and procrastination first. However, who am I to preach? It’s taken me years and years to do just that, but if I can encourage one other person to do the same, then I am sure you will reap the benefits as I have.”

