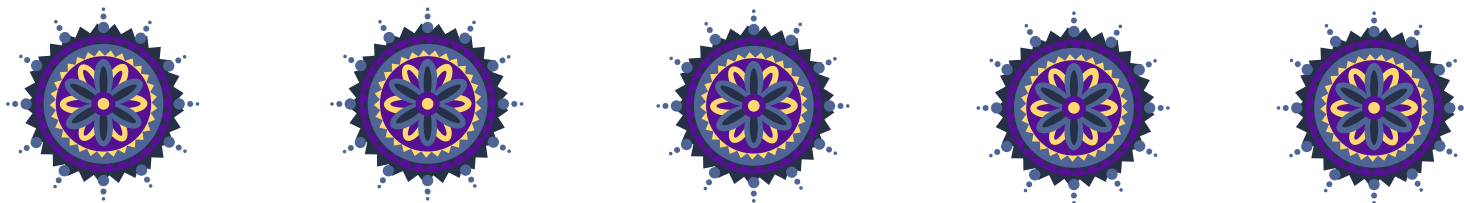


SAMADHI THE MOVIE



Watch - Meditate - Discuss



Please join Jere Friedman for two enlightening afternoons!

PART I: "MAYA, THE ILLUSION OF THE SELF"

Sunday, October 7th, 2:00 - 4:30pm

PART II: "IT'S NOT WHAT YOU THINK"

Sunday, October 21st, 2:00 - 4:30pm

"Samadhi" is a Sanskrit word referring to the perfect union of the individualized soul with infinite Spirit. In samadhi the mind becomes still and totally aware of the present moment and its oneness with the totality of "all-that-is."

Samadhi - the Movie, Part I and *Samadhi, the Movie - Part 2* explore the concept of samadhi as the transcendent union that is at the root of all spirituality and self-inquiry. The film weaves together thought-provoking narrative explanations of various ancient and modern spiritual, religious, and philosophical traditions. Producer and director Daniel Schmidt combines these teachings with brilliant visual images of computer-generated fractals and sacred geometry plus uplifting music to create a truly awe-inspiring video experience.

In each session, we will watch one part of the movie (each about one hour long), meditate on what we watched and experienced, and then share our thoughts, questions, observations, and new learnings on the film and its subject matter.

It is not necessary to see Part 1 in order to watch and appreciate Part 2. Similarly, if you see only Part 1 and not Part 2 you will still have a complete experience. You also may wish to watch one or both segments on YouTube before or after attending these sessions.

This event is Donation-Based. (Please bring cash or check only)

TO REGISTER:

**CALL OR CLICK! 480.207.6016
AMINDFULNESSLIFECENTER.COM**

***These events will be held in Bldg B;
please bring your own materials
to be comfortable (blankets,
meditation cushion, etc.)
Folding chairs will be available!***



10339 N. SCOTTSDALE RD. BLDG B
SE CORNER OF SCOTTSDALE & SHEA
AMINDFULNESSLIFECENTER.COM



Jere Friedman, J.D., M.A., CMMI, is an Employee of the Universe – with full benefits! Jere is a Soul Centered Professional Coach, a practicing attorney, and a Certified Meditation and Mindfulness Instructor. Jere also holds a Masters' degree in Spiritual Psychology, is a certified Breathwork Healer, and is considered one of the foremost gong players in the world. Jere's life work is to contribute to the evolution of consciousness on Planet Earth by supporting others in finding their own way to joy, fulfillment, and inner peace through Spiritual Psychology, meditation and mindfulness, and sound healing. Jere has personally experienced the transformational rewards of reduced stress, increased inner peace and calm, enhanced relationships, improved focus and efficiency, heightened intuition, and living a more authentic life that become available when a person makes a commitment to reclaim his or her birthright through study and meditation. Visit www.jerefriedman.com and www.gong2heaven.com for more information.