



## Winter/Spring 2012 Schedule

### Meditation for Peaceful Living

At Padme's home in Penfield\*

Saturday mornings 10-12 am beginning March 10th

Weekday mornings by appointment

Prerequisite: an introductory class or private meeting with Padme

Fee: \$75 for 8 weeks or \$10/class

**Introductions to Meditation**  
First Saturdays 9am-12noon, \$30  
Contact Padme for Registration and Questions

Sitting quietly, breathing, feeling our body connected with the seat, we experience the moment as it is. Gently, we learn to let our thoughts pass through the mind without judging them, fighting them, or getting caught up in them. Making a personal commitment to an 8-week session gives you the direct experience of finding out for yourself that meditation contributes to your daily life in many ways.

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### Medical Qi Gong

At Padme's home in Penfield\*By appointment

Fee: Love Offering

My energy work has been catapulted to a new level. After I became a Oneness Blessing Giver in May 2010, I learned that the light of Creation is golden. Soon after learning this, during a qi gong healing session with a client, the technique of using a golden ball of energy seemed like a good idea to explore. As soon as I tried it, the healing energy began to come through me with a different quality and intensity. I'm calling the new technique Golden Ball Qi Gong. Clients, friends, and family are noticing the shift and asking for more.

I am clear that it is appropriate to ask simply for a Love Offering as a fee. After years of trying different means to help make my work both affordable and helpful to my income, turning over concerns about this to the Divine in all of us is quite freeing.

I hope this makes it easier for you to recommend my work, and also call and make an appointment when there's a need for healing.

My medical Qi Gong website page lists general information about how healing energy works, what to expect from a typical session, links to different techniques you can use on yourself, informative clients' comments, and naturally, contact information.



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### Meetings with Padme

*Private Meetings for Exploring the Journey  
Grief/Loss Support and Guidance*

*1/2 hour and 50 minute sessions by appointment  
At Padme's home and by phone  
Flexible, Reasonable Fees*

Padme Livingstone brings over thirty years of awareness meditation and self-inquiry to her teachings and personal guidance.

**\*Contact Padme for directions. \*\* Pre-register by phone or email.**

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