



## Spring/Summer 2010 Schedule

### Meditation for Peaceful Living with optional Oneness Blessing\*\*

At Padme's home in Penfield\*

Monday evenings 7:30-9 pm

Prerequisite: an Introductory class or private meeting with Padme

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

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 helps on many levels. During home classes only, the Oneness Blessing is a new offering of Padme's to our community. The Oneness Blessing is an energetic gift from the divine (in whatever form you see him or her) which assists us on our journey to heal relationships. You may want to read [Awakening into Oneness](#) by Arjuna Ardagh.

For further information: [www.healingwithawareness.com/oneness\\_blessing.com](http://www.healingwithawareness.com/oneness_blessing.com), [www.onenessuniversity.org](http://www.onenessuniversity.org)

**Intro to Meditation**  
Saturday, October 9th, 9am-12noon, \$30  
Contact Padme for Registration and Questions

### Medical Qi Gong

At Padme's home in Penfield\*

By appointment

Fee: Love Offering

**Curious about Healing Energy? Workshop**  
August 4th, 18th, September 1st, or 22nd, 7-9 pm  
\$20 Love Offering suggested. All welcome regardless.  
Contact Padme for registration and directions

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

### Oneness Blessing Thursdays

At Padme's home in Penfield\*

Thursday evenings 7-8pm

Love Offering of \$10 appreciated

All welcome regardless.

Please call to confirm your presence.

[www.healingwithawareness.com/oneness\\_blessing.com](http://www.healingwithawareness.com/oneness_blessing.com)

[www.onenessuniversity.org](http://www.onenessuniversity.org)



Padme Nina Livingstone

### Loving Presence Guidance

Private Meetings for Exploring the Journey

Prerequisite: Curiosity and a longing for more clarity, balance, and joy

Location: Padme's home in Penfield\* and on the telephone.

Flexible, reasonable fees for 1/2 hour:

\$20-\$40 & 50-minute session: \$40-\$75.

\*Contact Padme for directions.

\*\* Pre-registration by phone or email requested.

Padme Livingstone brings over thirty years of awareness meditation and self-inquiry to her teachings. She offers the meditation, teachings, healing, and Oneness Blessings with the intention of helping us all deepen our connection with Self, and with each other.

