



## Healing Temple Sunday May 30<sup>th</sup> 2-5pm

The Healing Temple honors all traditions. Diversity is welcomed as we create safe and sacred space within each circle of sharing. Each person is asked to offer a \$10.00 love donation toward the Teacher and Host that month. We also encourage (but optional) snacks and items for give-away.

Each gathering will have a 1-1/2 hour teaching followed by 1-1/2 hour open healing time. Open healing is a time to give and receive healing from others so that you can practice what you have learned or continue developing your own special healing. Healing Temple meets every last Sunday from 2-5pm. Location may vary so please see the calendar at [www.ravenmedium.com](http://www.ravenmedium.com) for dates, topics, and locations.

Alsia Soiset---Teaching Chi Gong---Thousand Hands Buddha.

One year ago I started on the path to become a Chi-gong instructor. My studies require that I spend one year with each Chi-gong form that I learn and one hundred hours within that year. This has required that I cultivate something new: Patience. Patience has taught me that each time we do something repeatedly we discover something new. Depth is sought and learned and when it comes time to share it with others then that too can be transmitted with the form. That is what I wish to share with you with the form **Thousand Hands Buddha**. This is a meditative form using mudras (sacred hand positions that directly access body/mind) that are designed to bring the mind into a state of calm and clarity. It is both beautiful and profound. And for the fun of it we will start with a “Chi Shower” to get the energy moving, and do a standing form that I will choose from the different forms that I am studying and finally end with the lovely Thousand Hands Buddha. Wear Comfortable clothing and if you have a meditative cushion/yoga mat please bring it.

Healing Temple will meet at Alsia Soiset’s Edmonds home:

23519 88th Ave W

Edmonds, WA 98026

206-290-3659 cell

Take I-5 heading towards Edmonds---North or South take your pick.

Get off at the exit that points to the Edmonds Kingston Ferry—head in that direction.

Turn Right on 236th and an immediate Left at 88th Ave W.

We are at the 2nd house on the Right.

I always suggest doing your own MapQuest or such so you can orient yourself correctly