

# Albertson Memorial Church of Spiritualism

## Seasonal Meditations For the Soul



*"As the sunflower turns  
its face to the light of the  
sun, so Spiritualism  
turns the face of  
humanity to the  
light of truth"*

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**By Adele R. McDowell, Ph.D.**

*All meditations are guided and include a transmission of energy. These meditations are Spirit directed; therefore, all things are possible.*

**Tuesday, September 22, 2009 ~ AUTUMNAL EQUINOX MEDITATION  
7:30 p.m. – 8:45 p.m.**

*It is a time of transition in preparation for the new. Come push your roots deeper and ground. Release that which pulls you away from your core, and increase the amplitude of the vital energies that pulsate in and around you. Center your core.*

**Monday, December 21, 2009 ~ WINTER SOLSTICE MEDITATION  
7:30 p.m. – 8:45 p.m.**

*Take a moment to enter stillness, and travel deep into the void. Find the nothingness that creates form; embrace the darkness that births the light.*

**Saturday, March 20, 2010 ~ VERNAL EQUINOX MEDITATION  
4:30 p.m. – 5:45 p.m.**

*Breathe in the push/pull of contractions. Step into the spiral of the new energies of birth and rebirth. Claim your vibrations of joy and happiness.*

**Monday, June 21, 2010 ~ SUMMER SOLSTICE MEDITATION  
7:30 p.m. – 8:45 p.m.**

*Touch the fire of your heart. Understand how to manage the abundant flow of the heart. Feel the full flower of your being. Come to know and accept your divine magnificence.*

Facilitator: Adele R. McDowell, Ph.D.

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