

Relaxation and Compassion Meditation

Saturday, October 16th 9:30 – 10:30 am

**Location: Community Christian Church
1970 Riverwoods Road
Lincolnshire, Illinois 60069**

We have all been dealing and coping with many stressors over the course of covid, the changes in our daily life, as well as in our church community.

During this time together, we will relax the physical body, work with our breath to calm the nervous system, and practice Loving-kindness meditation. This Loving-kindness (or Metta)

meditation involves silently repeating four phrases for yourself and others you choose (a teacher or benefactor, a friend or family member, a neutral person, a difficult person, and all Beings everywhere). The people you select for this guided practice will be private. This meditation has been practiced for centuries and can help foster feelings of compassion and forgiveness. It is my hope that this hour will help you to feel more compassionate and forgiving with yourself.



All are welcome whether attending CCC or not. No prior experience meditating is necessary.

This will be offered in the basement of the church in person with masks required or via zoom. Both options are available depending on your comfort level.

Please register directly with Susan at susantouchingsky@gmail.com or 847.217.8987 so that she can ensure safe distances for all attending in person and send zoom links to those who want to attend virtually.

About Susan Short, MA

Focused on treating the complete body, mind, and spirit, Susan Short began meditating eighteen years ago. Having experienced the positive effects personally and having trained in the use and benefits of meditation, Susan believes the success of counseling, and ultimately life fulfillment, can be enhanced significantly when breath awareness, meditation, and mindfulness are part of the treatment. Susan has a master's degree in Counseling Psychology from Northwestern University and completed a year-long deep study in Meditation Teacher Training. She continues to study at Touching Earth Mindfulness Center in Chicago. Susan works with individuals and throughout the country.