

The Silent-Magic of Meditation:

Discovering the Meditative Practice of Anthony deMello, S.J.



“Peace is a Gift. Let us expose our Hearts to receive it.” ~ Anthony deMello, S.J.

**October 9– November 13, 2019
6 Thursday Evening Sessions at 6:15 p.m-7:15**

The meetings will consist of: Awareness Exercises, Guided Meditations, and Discussions

*** Utilizing deMello's “Wellsprings” and “Sadhana” ***

- *** The Riches of Silence ~ Coming Home to yourself
- *** The Revelations that silence brings ~ Traveling from the head to the Heart
- *** Observing your thoughts ~ the art of concentration, the pull of Divinity
- *** Awareness of sensations ~ The observer and the observed
- *** Obtaining peace, self-control and inner joy ~ just a breath away!
- *** Feeling the warmth of your interior fire~ charged with the power and presence of God!

Dates: October 9-November 13, 2019

Presenters: Desmond Towey and Karen Starr Venturini, Trustees of the DeMello Spirituality Center.

Register by calling the Our Lady of Grace Retreat Center, 29 Shelter Rock Rd, Manhasset, NY 11030, (516)-627 9255, or visit <https://www.olgretreat.com/>