

## Graduate Exploration Essence

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Peter Russell and Karen Malik have created more live guided Hemi-Sync® sessions to enhance a deeper meditation practice, and further understanding of your true self. You will open to a fuller awareness of your essential being.

Using meditation, self-reflection, discussion and specially created live Hemi-Sync® sessions, we will explore such questions as:

- How can we open to the being that underlies our thoughts and experiences?
- What does it take to be more in the present moment?
- How can we listen better to the still quiet voice within?
- What do we really mean by a change in consciousness?
- How can we open our hearts to the love and wisdom they hold?
- How, by recognizing our essence, can we live more fulfilling and caring lives?

*Graduate Exploration Essence* will deepen the work of the first program. Open only to graduates of *Exploration Essence*.