

Light a candle in your heart for someone you love
Heart Meditations

You are invited to join
Linda Nagel
Community Candle Maker

In weekly 30 minute
Semi-guided meditations
On Zoom

Each Friday in May @ 11 AM ET
Beginning this Friday May 1st.
No charge

You need to register with Linda
By email: lsnagel@hotmail.com
By Thursday night at 7 pm ET each week
Then a secure invitation can be sent to you.

Linda, a Community Candle Maker for past 20+ years Never Ever Ever thought she would offer these precious meditations online! Ever. And now she is. Response over the past month has been slowly growing, both for those grieving anew and particularly those in caring occupations. Each of us has had our own significant deaths and carry loved ones in our hearts in various ways.

These intentional meditations are open, inclusive and accessible without assuming any previous experience. They are gentle and done together with audio and video turned off. Any reflective sharing is optional.

Linda has been offering meditative beeswax candle making to individuals, families, neighbours, communities grieving a loved one, based in Waterloo Ontario. These new meditations are spreading their wings. Please share with others you know who would be interested. Register as above.

Website for archival background: www.candlesconnectinghearts.com