

# Wainwright House

*A Center for Spiritual Healing, Ecology and Retreats*



MEDITATION GARDEN, WAINWRIGHT HOUSE

## Meditation, Healing Circles and Reiki

**The practice of meditation is central to the mission of Wainwright House. Encouraging regular meditation practice is one of the ways we serve the community. We offer meditation practice for all levels in different traditions.**

"Consider a study by scientists at Wake Forest University. After only a few days of meditation training—teaching people to better focus their attention, concentrating less on the discomfort and more on a soothing stimulus—subjects reported a 57% reduction in the "unpleasantness" of their pain. Such improvements are roughly equivalent to the benefits of morphine."

Wall Street Journal July 9, 2011

## 2012

### ***Living in Higher Frequencies***

**January 25, February 8 and 22, March 14 and 28**

Wednesdays 7:00 - 8:30 pm

**Presenter: Teddy Cronin**

*Living in Higher Frequencies* is designed to introduce meditation as a way of living. Through channeled energies and participation in higher frequencies, you will have the opportunity to "entrain" your life into a higher quality of being.

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### ***Akashic Records Private Sessions***

**Thursday, February 2**

9:00 am - 5:00 pm

One-hour sessions

**Presenter: Bill Foss**

Pre-payment is necessary to book appointment. Call 914-967-6080



***Journey to the Akashic Records***

**Friday, February 3**

7:00 pm – 10:00 pm

**Saturday, February 4**

9:00 am – 6:00 pm

**Sunday, February 5**

10:00 am – 4:00 pm

**Presenter: Bill Foss**

Learn about the benefits of opening up the creative and visionary portals of the higher mind and how to apply this in your life and spiritual practices. Retreat-style lodging is available.



***Introduction to Contemplative Meditation***

**Saturday, February 4**

9:00 am – 2:30 pm

**Presenter: Maureen Adamson**

This popular program is a solid, well-rounded introduction for those who feel drawn to meditation as an ongoing spiritual discipline. Increase awareness of the history, types and current resurgence of interest in forms of meditation from the Christian tradition. This day provides a non-denominational introduction into the deeper waters of Christian spirituality.



***Learning to Let Go of the Pain***

**Saturday, March 10**

10:00 am – 4:00 pm

**Presenter: Dr. Paul Epstein**

Our dis-eases and pain tell a story, not just about our cells, but about ourselves and our personal histories and beliefs. By listening to our story we discover how we create what our body lives with. This class provides a foundation in mind-body medicine, and explores and integrates therapeutic and spiritual perspectives on healing through teachings and practices that connect us with, and consciously engage, the authentic self.

# Reiki

***Reiki I [Winter-Spring]***

**Saturday, March 24**

9:30 am – 3:30 pm

Reiki I is the introduction to Reiki. Reiki I teaches the foundation, principles and history of Reiki, and the importance of attitude and intention. Students will receive their first attunement; learn about the chakra system, hand positions, and the concept of Reiki healing energy. A Certificate is given to those who complete the training.



***Reiki II [Spring]***

**Sunday, May 20**

9:30 am – 4:00 pm

**Sunday, June 3**

9:30 am – 1:30 pm

At the end of Reiki II, students will receive the second attunement connecting them to a higher level of energy. Students will also receive the three Reiki symbols which are key to emotional healing, distant healing and clearing negative energies. They will learn how to use Reiki in their daily lives, Chakra balancing and how to give and receive a Reiki session. Students will practice Reiki in class on each other. Students will be Reiki practitioners upon completion of Reiki II and will receive a certificate.



***Reiki I [Fall]***

**Saturday, October 13**

9:30 am – 3:30 pm

See description above.



***Reiki II [Fall/Winter]***

**Saturday, November 17**

9:30 am – 4:00 pm

**Saturday, December 1**

9:30 am - 1:30 pm

See description above.



## **Reiki Master 2012**

**Saturday, October 6**

9:00 am – 3:30 pm

**Saturday, November 3**

9:00 am – 3:30 pm

Reiki Master students will continue on their Reiki spiritual journey with even greater awareness and spiritual awakening, fully embracing this universal life healing energy into their lives. Students will receive the Reiki Master attunement. Reiki Master Symbols will be given and students will learn how to teach and attune others to this powerful healing energy. A Certificate is given to those students who have completed the training. Pre-requisites are Reiki I and Reiki II.

## **Ongoing Meditation Groups at Wainwright House**

Our Meditation Groups are open to new participants.

Please stop by for a trial meeting anytime.

**All are Welcome!**

### **Healing Circles**

First and third Wednesday of each month

7:00 pm to 8:30 pm

Healing Circles have been a tradition at Wainwright House for more than 15 years. The practice of healing circles dates back to 4000 BC and is found in many cultures and belief systems. The Wainwright House Healing Circle group may use Reiki or other forms of energy healing as it is a self-directed group. Circles start with 20 to 30 minutes of silent meditation, generally with music. Then, names of people or beings who need healing are brought into the circle. Finally, anyone present who asks for the help of the healing energy sits in the middle of the circle to enjoy the healing benefits. The evening ends with conversation and sharing for those who care to talk about their experience. Silence is always respected as well. The practice may be appropriate for some children with adult supervision.

### **Community of Mindfulness Meditation Group:**

#### **Quiet Harbor Sangha**

Second and fourth Thursday of each month

7:00 pm to 8:30 pm

Facilitated practice of Mindful Meditation for is for beginners and advanced practitioners alike. Each session includes sitting and walking meditation, breath awareness, deep listening, dharma reading and discussion, and being joyful together. Sessions close with conversation and refreshments. We occasionally meet on weekends for caretaking, deepening our practice, and building community. Chairs and some cushions will be available. If you have a sitting cushion, please bring it. Wear comfortable clothing and please do not wear fragrances.

**Information and Registration [www.wainwright.org](http://www.wainwright.org) or 914.967.6080**

**Wainwright House**

**260 Stuyvesant Avenue Rye, NY 10580**

**914.967.6080 [www.wainwright.org](http://www.wainwright.org)**

Wainwright House Inc. is qualified as a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code. Contributions are tax-deductible, as allowed by the law.