

## Group Meditations

Hundreds of people have learned Primordial Sound Meditation in Ireland, and it has been an honour and a pleasure to meet so many wonderful people.

If you have attended the course, I would like to invite you to join one of the meditation groups around the country. Also, please let me know if you would like to help me host these meetings in your area.

Meditating in groups is particularly important right now as it creates coherence and peace. It is one of the best ways to make the world a more peaceful place.

Dates for group meditation in Ranelagh: Wed 3rd June, 1st July, (none in August), 2nd September, 7th October, 4th November, 2nd December.