

**Registration**

Meditation:  
**A Closer Walk With God**

Saturday October 15, 2011

No. of attendees @ \$45.00 each:

Total: \$

Pre-registration deadline: October 5, 2011

After this date, the tuition is \$55.00

Name:   
Address:   
City:   
State / Zip:   
Phone(s):   
Email:

To register and pay with credit card,  
go to [www.jerry Lazarus.com](http://www.jerry Lazarus.com)

To pre-register by phone, call  
Linda Thompson at 919-790-9130

To pre-register by mail, fill out this form, make  
check payable to A.R.E. of NC, Inc., and mail to:

Linda Thompson, Registrar  
1509 Windbur Place  
Raleigh, NC 27609

A.R.E. of N.C., Inc.  
102 Fieldstone Court  
Chapel Hill, NC 27514



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Meditation: A Closer Walk with God

current resident or:

# Meditation:



## A Closer Walk With God

with Jerry Lazarus, M.A.  
Saturday, October 15, 2011  
9 am – 4 pm

Amity United Methodist Church  
825 N. Estes Drive  
Chapel Hill, NC 27514  
919-967-7546 • [amityumc.org](http://amityumc.org)

Sponsored by the  
Triangle Area A.R.E.\* Team  
[www.arenc.org](http://www.arenc.org)



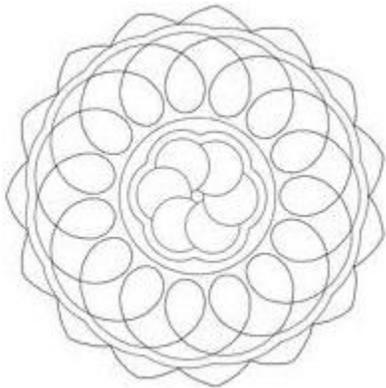
\* Association for Research and Enlightenment  
[www.edgar cayce.org](http://www.edgar cayce.org)

# Meditation: A Closer Walk with God

Meditation is the single most powerful spiritual discipline. It is the door to God consciousness, and leads to true happiness and well being. This insightful and experiential workshop draws primarily from the Edgar Cayce readings and the Bible, along with teachings from Yoga. Cayce said that we must learn to meditate just as we once learned to walk and talk. The yogis of India and other sages emphasized meditation as a means of spiritual illumination and physical strength. Many of them stressed the importance of certain physical, mental and spiritual practices to prepare for meditation -- such as breath work, yoga postures and chanting.

At this workshop, we will address:

- ◆ Why meditate?
- ◆ What's the best form of meditation?
- ◆ How do I prepare physically, mentally and spiritually for meditation?
- ◆ Where can I find time to meditate?
- ◆ What are the best times to meditate?
- ◆ How can I improve my meditation practice?
- ◆ What is the nature of prayer in relation to meditation?
- ◆ What's the role of Christ in meditation?
- ◆ How do I tame my restless mind?
- ◆ How do dreams give insights into our meditation practice?
- ◆ How does healing take place through meditation?



Jerry Lazarus, M.A., is a spiritual counselor, author, and speaker. He has given various lectures and workshops on spirituality, meditation, dreams and healing. As a nationally known speaker, Jerry presents at the Association for Research and

Enlightenment (A.R.E.) headquarters and field conferences. He is the dream columnist for *Venture Inward* magazine and has published articles on various spirituality topics. He has a master's degree in religion and meditation. His new book, *Dreams: Listening to the Voice of God*, was released in April 2011. Visit his website: [www.jerrylazarus.com](http://www.jerrylazarus.com).

*"Jerry Lazarus is an authority on meditation and dream work and is a walking encyclopedia of references on the Edgar Cayce readings... Jerry is an extremely personable gentleman with an amazing sense of humor and lightness of heart and spirit that is so desperately needed in our world today." – K.B.*

*"He has a beautiful message to share. His workshop and counseling sessions have helped transform my life." – B.T.*

*"Excellent speaker, very knowledgeable, but also very compassionate and empathetic." – L.M.*