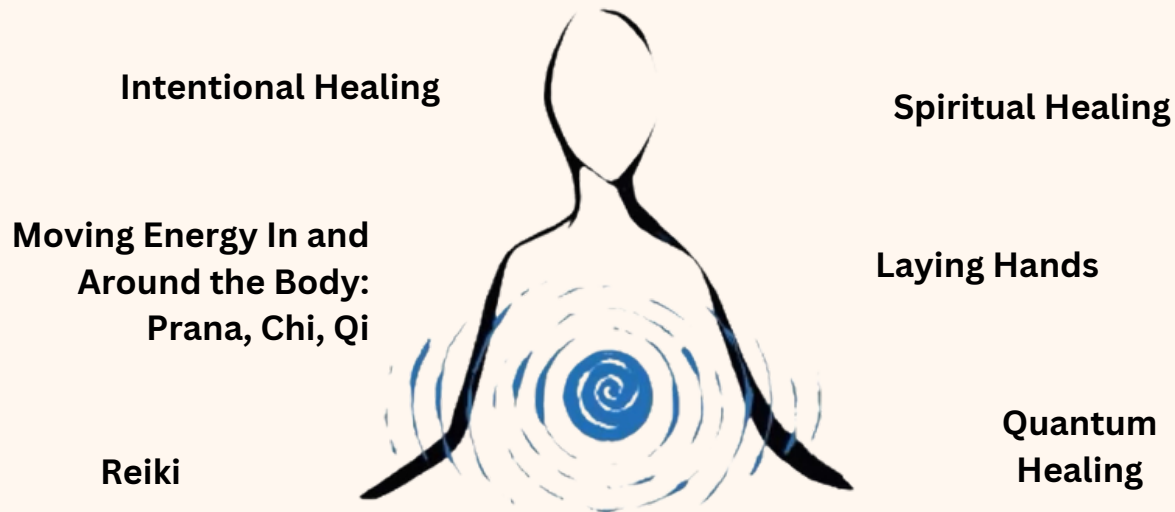


AN INTERACTIVE LECTURE BY DEB LAMBERT

BEYOND SELF

Understanding How You Affect the World Around You



THE METHOD
from self to beyond

APRIL 28, 2024 | 6:30 PM - 8:30 PM

THE METHOD from SELF to BEYOND is a practice that includes learning about meditation, sound vibrations, exploring and using energy within and outside of our bodies, and other modalities to increase our awareness of self and improve our lives and the lives of those around us.

We will begin with a feeling your energy exercise, followed by a discussion, Q&A, and sound immersion by Satyam.

E-TICKETS AVAILABLE AT: WWW.REFLECTINGTHELIGHT.INFO