



Deity Meditation

Saturday, Feb. 26

1pm – 5pm

There are thousands of deities in the Hindu religion, each holding particular energies. Some deities even have various versions of themselves that hold more specific energies. (i.e. Shiva as Shankara is benefic and Shiva as Rudra is fierce.) Working with a specific deity form can help to amplify a particular energy within oneself and attract resonant energies. With the understanding that we hold all we need within ourselves, we can use deity meditation as a form of devotion to ourselves and the aspects we wish to develop or expand.

In this workshop I will share my experience in learning how Hindu deities embody particular energies and how to work with these forms through meditation and mantra. Illustrations of the deity with symbolic explanation will be shown along with conversation on the traits they embody. We'll discuss how to meditate on these specific traits as well as use a particular Sanskrit mantra that calls to the energy.

Depending on time, we will work with the below deities and the energy they embody:

Shiva – Equilibrium, Focus, Control over the Mind

Durga – Fierce Compassion, Righteous Anger, Duty

Ganesha – Remover of Obstacles, Intelligence, Enjoy life with unattachment

Lakshmi – Beauty, Prosperity, Virtue

Saraswati – Wisdom & Discernment, Creative Energy, Knowledge

Hanuman – Dedication, Loyalty, Humility and Strength

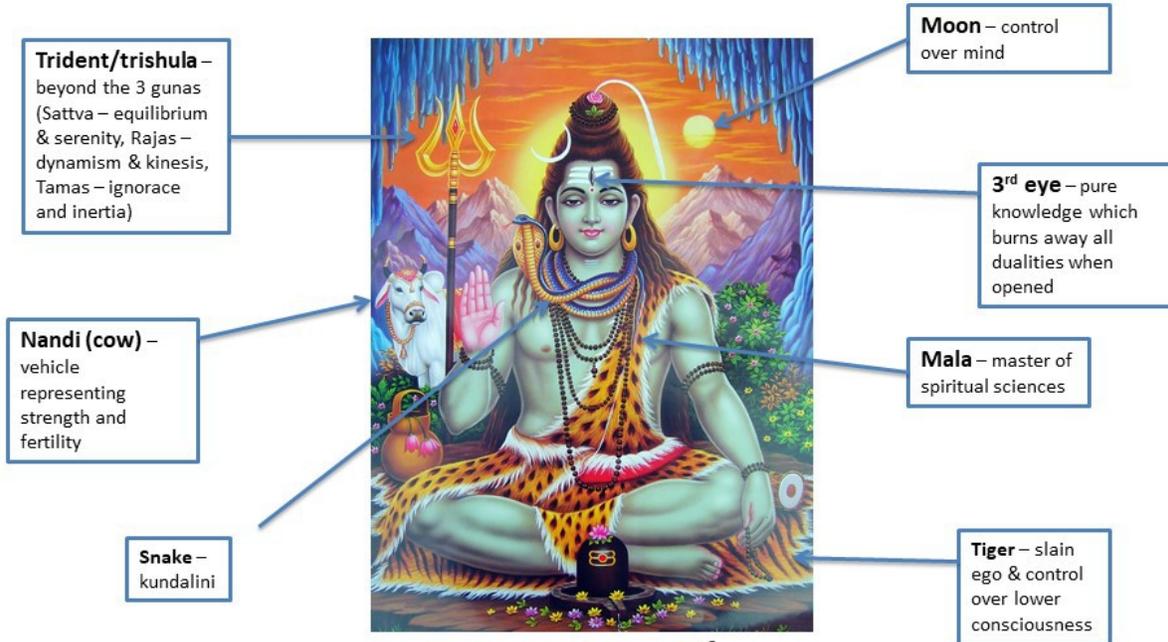
This workshop is for those who are curious and open to discovering the power behind the iconic Hindu deities and how we can cultivate the energy within ourselves. I have been immersed in Hindu culture for the last decade and have great reverence and appreciation for all I've learned and am honored to share with those who are interested.

Cost: \$60 at door, \$50 early registration before Feb. 12

Facilitator: Jana Johnson (<https://www.janajohnsonhealingworks.com>)

Registration: Please email Jana@JanaJohnsonHealingWorks.com

SHIVA



Om Namaḥ Śīṅya

Ohm Nahmah Sheev eye ya