

Unity by the Shore

Donna Sica-Chiarelli Comes to Unity by the Shore again!

Chakra Crystal Bowls Meditation

**Sunday, May 20, 2018
at 1:00 PM**

The gathering of a Sound Bowl Meditation is designed to clear, cleanse and balance all the energetic centers of the body, clear and balance the mind and remove all lower vibrational energy that has accumulated ... We begin with a guided meditation that helps us decompress, as we set a group intention ... The bowls play to what is needed in the room and you will experience a gentle "Sound Massage" that will leave you rested and renewed ... Leave feeling lighter and brighter ... Please bring a yoga mat, blanket or any personal prop you have, if a reclined position is desired. Chairs will be provided for seating ... Looking forward to meeting you and creating a space of relaxation, realignment and recharge ...



Meet Donna Sica-Chiarelli, owner of Soulful Awakenings in Lake Como, NJ • www.soulfulawakenings.com

Eleven years ago, Donna Sica, experienced a Kundalini Awakening, through the "Reconnection". She embarked on a journey of working with and understanding her new gift of "Channeling." One year later she was introduced to the "Chakra Crystal Bowls." Intuitively, she knew, that this chance invite was guiding her to the unfolding of her purpose.

She began offering a meditation in her home, once a week, to a community of twenty. "Our Community realized early on, as we expanded by leaps and bounds, the need for a gathering place whose purpose would be the nourishment of the Soul. Seven months later, Soulful Awakenings came into fruition"...

"Each time the bowls sing, I sense the opening of others, the joy of connection, and the magnificent expression of vibration and light."

Love Is Truly You

LOCATION: Unity by the Shore, 3508 Asbury Ave, Neptune, NJ 07753

Fee: \$20 per person



3508 Asbury Ave, Neptune, NJ 07751

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Web Site unitybytheshore.org

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