



Women Spirit and Imagination

Fall Series, Session Three

Wednesday, October 9nd, 6-8 pm, in the East Wing (special time!)

Deeper Vision - led by Beverly Bailey

An Autumn wakeful meditation and mindful exercises will connect us to the spirit within us. Utilizing our five senses we will mindfully explore our inner souls through the beauty that exists in art and nature. The human condition is challenged by everyday stress and anxiety. When we take time to pause and look through our heart's lens at art or nature we can transcend to a peaceful place. Our stressful thoughts can be replaced with images of beauty and become a healing beacon away from disease, fear, stress, and pain.

Thich Nhat Hanh reminds us

*"Mother Earth receives the fallen leaves and breaks them down to create new nourishment
for the tree so that it can continue to grow"*

Please journey with me and ponder treasures unknown.

Beautiful images talk in silence. Just listen!

Please feel welcome to bring a digital camera or smart phone for a sunset meditative walk for Part One of the workshop.

Other supplies will be provided

Part One: 6-7pm Meet in East Wing (we will then go outside weather permitting) Part Two: 7-8pm in the East Wing (Indoors)



Beverly is a new member of TUCW and hopes to utilize her background working with survivors of violence. Her passion is presenting "Healing Imagery" to bring hope and peace to the hearts of those who have suffered. Beverly was awarded a Pioneering Women Award in 2009 on Cape Cod for her work with survivors of violence, and was featured in a 3-part NPR series on Murder in America. Her images have been featured in medical clinics, courthouses, auctions, NGO's in NY, The Violence Transformed Art Exhibit in Boston, and the Healing Newtown Gallery. One of her images won the Southern Exposures Grand Prize. In her spare time, Beverly and her therapy dog Sadie visit hospitals and reading programs for children.

Register for some or all of the series: tucwomen@uuwestport.com



A place for sisterhood, intimacy and deeper connections