



Roland Comtois'

Meditation & Mindfulness Series

I think we all can agree that we are going through unprecedented challenges. Are you having trouble managing all the changes that our current situation holds? Are those challenges, local and global, causing you restlessness or strife? Are you having trouble concentrating then relaxing and re-energizing?

Did you know you can support yourself, from the comfort of your home, energetically through a more attentive meditation practice? Meditation and mindfulness offer you so many physical, emotional, and spiritual benefits.

To help you deal with all the changes, I have created a new meditation series called “Meditations & Mindfulness” that will help you cope. This program will teach you how to maintain energetic and spiritual balance, but more importantly give you structured meditation opportunities.

This new 8-week Zoom series, by mindfully creating a space of focus and intention, can offer a regaining of breath, ease, and balance.

Each module consists of a half-hour meditation, followed by a short discussion at the end of the meditation.

To support your meditative journey towards peace and relaxation, (and to accommodate your schedule), you will have unlimited access to the “Mediation of the Week” after the mediation airs and until the next module is available.

To better serve your energetic needs, each module has a specific purpose as detailed below:

The Total Body, Mind, Spirit Meditation

Meditation Module One:

September 2, 2020
9:30 PM EST

The Total Body, Mind, Spirit Meditation

Module One will begin our meditative journey and experience with a 30-minute teaching about the benefits of mindful meditation. This will be followed by the Total Body, Mind, Spirit Meditation which is a general guided meditation to create relaxation and ease.

This module will be open to questions about meditation and mindfulness.

The Grounding Meditation

Meditation Module Two:

September 9, 2020

9:30 PM EST

The Grounding Meditation

Module Two focuses on the lower energy chakras with emphasis placed on the Root chakra. This physical, spiritual, energy center, when healthy, imparts a general feeling of well-being. We are more settled or rooted and in balance when these lower energies centers are functional.

Life as we now know it, has challenged us to create a safe and sacred space to support the new world reality.

The Expansion to Awareness Meditation

Meditation Module Three:

September 16, 2020

9:30 PM EST

The Expansion to Awareness Meditation

Module Three focuses on the upper Chakras with most of the work to be centered on the Crown chakra (or at the top of your head).

The energy of the Crown center when fully realized and supported, creates significant life alignments. Meaning, you see the “bigger” picture of your life and the wonderful synchronicities it offers.

The Heart Center Meditation

Meditation Module Four:

September 23, 2020
9:30 PM EST

The Heart Center Meditation

Module Four will be committed to working at opening the heart chakra/center. We will use color, words, and sounds to create a vibration that will open your heart center.

The Total Body, Mind, Spirit Meditation 2

Meditation Module Five:

September 30, 2020
9:30 PM EST

The Total Body, Mind, Spirit Meditation 2

In Module Five we will again visit the Total Body, Mind, Spirit Meditation. Though the language of the guided meditation may be slightly different, the goal is to still to create a state of relaxation and ease several times throughout this process. The more familiar the meditative practice becomes to you, the easier it will be for you to achieve this on your own.

Questions concerning your progress will be entertained during the Q&A.

The Universal Meditation

Meditation Module Six:

October 7, 2020
9:30 PM EST

The Universal Meditation

Module Six meditation will focus entirely on energies that exist beyond ourselves. We will start by grounding your energy. That will be followed up by a guided meditation that leads you beyond yourself into the higher realms of existence and energy.

The purpose of this meditation is to take you beyond the physical experience. Through the guided portion of the meditation you may encounter an extreme sense of knowing.

There will be a Q&A session for new thoughts, questions or feelings created by this meditation.

The Grounding Meditation 2

Meditation Module Seven:

October 14, 2020
9:30 PM EST

The Grounding Meditation 2

Module Seven will return to the Grounding Meditation, but this time we will go deeper in our meditation creating waves of energy connecting to the Earth's vibration. We will focus on the root energy chakra, the soles of our feet and the energetic connections to planet Earth. This meditation is designed to sooth and nurture the physical body. Because the physical body is a vessel of energy, it must be cared for in your daily meditative practice.

The Divine Alignment & Connection Meditation

Meditation Module Eight:

October 21, 2020
9:30 PM EST

The Divine Alignment & Connection Meditation

A short discussion of Module Eight will precede the meditation.

Divine Alignment means that there is a flow of energy from the universe through our consciousness anchoring our intentions firmly into the earth's vibration. The energy will flow from beyond you, through you and then create a vibratory feeling at your feet. The purpose is to solidify all the work that the last 8 weeks did.

Roland via long-distance energy work will bestow on all participants a blessing, followed by a special prayer dedicated to you. Through the mechanics of long-distance energy work,

Roland will offer energy support for spirit, mind, and body.

Once the meditation and connections are complete there will be a brief Q&A to address any of your needs for moving forward.



The price for the full “Meditation & Mindfulness Series” is **\$99.00**, if purchased before or on August 26, 2020. After that date, the fee for the series is \$160.00. To become a “Meditation & Mindfulness” Meditation series, [click here](#). This link will take you to Zoom to register and directly thereafter to PayPal.

To assist you with enhancing your meditative practice “Meditation & Mindfulness Series” members who purchase the entire series will have access to that week’s module’s meditation after the module has aired. Each member of the “Meditation & Mindfulness” series will receive a link sent to their registered email with access to that week’s meditation. The meditation will be available to you for one week. If you miss a week, you are entitled to email Carrie for that week’s meditation at rcomtois.admin@gmail.com. During the 8-week series, you will receive a new “Meditation & Mindfulness” meeting link each week. It will be sent to your registered email address.

For individuals interested in participating in one module at a time, the fee is \$25.00 per meditation. If you are interested in this service, you will receive an online bill via Square or PayPal. Once the bill is paid, a link for that week’s meditation will be provided to you. Any requests that are received after 2PM on the Wednesday of the meeting will not be honored.

Let the Journey begin!!! To best experience the “Meditation & Mindfulness Series” find a comfortable place that will allow you to relax and be totally present for the experience. Wearing ear plugs or a headset will help you to fully experience each meditative session.

Refund Policy: There are no refunds, after September 1, 2020, for full membership or individuals participating one module at a time. There are no refunds for missed sessions. If you are a full “Meditation & Mindfulness” member, you will have access to any missed meditations after the date of the module and before the date of the next module only. Simply email Carrie at rcomtois.admin@gmail.com, letting her know that you have missed the session.

[To sign up for the Meditation & Mindfulness Series click here.](#)

Medium. Author. Speaker.

Roland Comtois
& his signature Purple Papers

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