

The Art & Creative Works of Suzanne Vesty



A Way to Live Spirit - Meditation

*Venue: TBC
Auckland
or Matakana Region*

Enquiries welcome -
To register interest: email
suzanne@suzannevesty.com

A Way to Live Spirit Meditation is for women who wish to develop a meditation-practice based in contemporary, feminine principles. Guidance will be given in a spiritual practice that embraces the whole self, that holds sacred the embodied experience recognising the journey of life as an expression of soul-intention. Regular meditation develops a sense of peace and inner well-being, and conscious, meaningful purpose in life. It develops the intuitive, creative self, and most essentially builds a bridge to a direct experience of Spirit, a sense of the Presence behind all life. Contemplative processes facilitate the journey into the interior realms of self. Meditation grows and aligns our connection to soul and to Spirit, offering insight to the purpose of incarnate life, accessing and growing our wisdom, and our knowing. An invocational field within the Divine Feminine is purposefully activated, holding the group within a safe and enlivened space.

Guidance and teaching in transpersonal, metaphysical principles and the ancient wisdoms (esoteric philosophies), in meditation, contemplative process, invocational prayer and ritual will be offered.

Participants will:

- *be involved in an intimate, sacred group process that builds a sense of spiritual community*
- *develop intuition, sensory perception, and creative-imagining*
- *experience and grow knowledge base of embodied, spiritual practice*
- *align with the Divine Feminine Presence and Christ-consciousness*

Meditation Facilitator: Suzanne Vesty M.F.A., M. App. Sci.SE (Distinction), Dip. Drama, Post-Grad. Dip.Tchg.

Suzanne has over 40 years' experience as an educator, transpersonal-therapist, and mentor in creativity-centred human development. She was the Founding Director of Wings (1988 – 2008), and has delivered many innovative programmes within diverse community contexts, including an extensive programme of retreats and private consultation based in transpersonal creative process. She was a Registered Celebrant for 26 years, developing a deep knowledge of inclusive, spiritual, and humanist ritual, and a Registered Art Therapist. She has long been a student and teacher of the ancient wisdoms, and of creativity-centred philosophies. She is a practicing & exhibiting visual artist. Metaphysical reality has always been central in her life, as has been expression through the creative arts, her personal journey informing and shaping a depth of perception, knowledge, and wisdom.

The Art & Creative Works of Suzanne Vesty: www.suzannevesty.com