

# **DREAMS AND THE MANDALA**



**Presented by  
Lynne Larson**

**Saturday, October 29, 2011**

*Church of the Holy Apostles Fellowship Hall  
1593 Lynnhaven Parkway  
Virginia Beach VA 23453*

**The mandala or sacred circle, often depicted within a square, is a graphic mirror of your true center or Higher Self. Mandalas are found in some form in all ancient cultures. In Christianity we have frescos with animal images representing the apostles and the months and seasons of the year.**

**You are a special individual with many levels of consciousness and expression. The mandala circle reveals through art the same imagery revealed in your dreams—your story, your reflections, your yearnings. Join us as we create our own pictures and relate them to dream imagery.**

Dreams and The Mandala  
Registration Form

*Saturday, October 29, 2011*

9:00 a.m. – 2:30 p.m. *Doors open at 8:30 a.m.*

*\$30.00 (Includes Lunch)*

For more information, e-mail Lynne at [llarson24@cox.net](mailto:llarson24@cox.net) or call (757)420-3825.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Cellphone \_\_\_\_\_

e-mail address \_\_\_\_\_

Make your check payable to Retreats and mail to:

Retreats  
6612 Pinewood Court  
Virginia Beach, VA 23464

Members of Holy Apostles may put the registration in the box marked  
“Dream Workshop” above the office mail boxes.

**PLEASE MARK YOUR LUNCH CHOICE:**

\_\_\_\_\_ **ROAST BEEF SANDWICH**

\_\_\_\_\_ **SALAD WITH GRILLED CHICKEN**

\_\_\_\_\_ **VEGETARIAN SALAD**

**For more information on dreams, check out:**

**[www.thejoyofdreaming.com](http://www.thejoyofdreaming.com)**

The Divine Creator formed us as beings who dream with purpose. You can become more proactive in listening to your dreams with some basic tools to help you remember, record and reflect. In this workshop we will relate dreams to the mandala or sacred circle of life, using imagery, symbols and art.



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Church of the Holy Apostles is between Rosemont Road and South Independence,  
across from WAWA

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at [llarson24@cox.net](mailto:llarson24@cox.net) or call 757-420-3825

LUNCHES WILL BE PROVIDED  
BY CUSTOM CUISINE  
LEON EGGERS 757-340-6401

**PLEASE MARK YOUR LUNCH CHOICE ON THE REGISTRATION FORM**



## ONE STEP

Do you have a pair of almost-new shoes in your closet that you know you will never wear? Could those shoes be the perfect fit for someone going on a job interview or reporting to work tomorrow? The idea of ONE STEP came from a dream that I put on my mental shelf for a couple of years. Would people really want to donate shoes? How would I collect them? Where would I send them? Recurring dreams about ONE STEP followed. My doubts remained. Then in the wee morning hours of the first day of 2011, a definitive dream told me to move forward. So it shall be.

You are invited to take a step in quality recycling. Please bring shoes to the dream workshop or if you are not coming and would like to donate shoes, call me or send an e-mail.

*Do you have a dream question?  
Check out the website or contact Lynne.*

**Lynne Larson**

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