

The Hearts Center Presents
Saint Germain on Meditation

Montreal, Canada

September 14, 2014

All times EDT

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|---------|--|
| 8:00 am | Prayers and songs |
| 8:30 | Discourse by Saint Germain: <i>Developing Greater Mindfulness</i> |
| 9:15 | Guided violet fire meditation with Saint Germain |
| 9:45 | Intermission |
| 10:15 | Darshan with Saint Germain: Students ask questions on any aspect of meditation. |
| Noon | Lunch |
| 2:00 pm | Prayers and songs |
| 2:30 | Healing ceremony with Saint Germain: <i>Healing the Past through Accelerating the Fires of Transmutation through Silence</i> |
| 3:30 | Intermission |
| 4:00 | Darshan with Saint Germain: He asks questions of the students.
Beginning 4:45: Students ask questions of Saint Germain. |
| 5:30 | HeartStream by Saint Germain: <i>The Alchemy of Mindfulness</i> |
| 6:00 | Dinner |