



# **MEDITATION at MAPLEWOOD**

## **MAPLEWOOD STATE PARK**

“When we get closer to nature—be it untouched wilderness or a backyard tree—we do our overstressed brains a favor” reports National Geographic. We live busy, active lives. So busy, many of us have forgotten what it feels like to have a quiet mind! Research is showing learning to quiet the incessant voice in our head lowers stress and helps support a healing environment for our body and mind. You are invited to experience what Jane Goodel, naturalist, describes as “The peace that passes all understanding” at Maplewood State Park. Beginning in June, on the evening of the full moon, we will gather to honor our oneness with each other and nature at Full Moon Meditation. One of the jobs our Moon has is to stabilize Earth on its axis, so it is not so wobbly. Join us and let the stillness of the outdoors stabilize you so you don’t feel quite so wobbly too!

**Friday, July 27, 2018 6:30 pm to 7:15 pm Josh Hanson Memorial Picnic Shelter**

**Sunday, August 26, 2018 6:30 pm to 7:15 pm Josh Hanson Memorial Picnic Shelter**

Meditation will be facilitated by Sue Nyhus. Sue is a licensed Unity Teacher through Unity Worldwide Ministries and teaches class on meditation. She and her husband, Butch, live on Star Lake in Ottertail County. For more information contact her at [suejnyhus@gmail.com](mailto:suejnyhus@gmail.com) or 218-731-1827. No charge for this activity, but you will need a Maplewood Park pass. Bring a lawn chair.

From a June class participant: “A chance to just be quiet, think, and listen to the stillness. Sue talked us through 25 minutes of thankfulness for everything around us. Join us and practice letting time slow down in your busy life.”