



# Tools for Change

## January Trainings in Seattle

BASIC: JANUARY 17<sup>TH</sup> 10-4

INTENSIVE: JANUARY 23<sup>RD</sup>, 24<sup>TH</sup> & 25<sup>TH</sup>

6:30-9:30 9-5:30

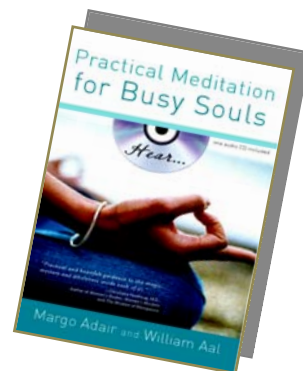
## *Applied Meditation*

With **MARGO ADAIR & BILL AAL**

*Skills for living well in turbulent times.*

Learn how to:

- Tap intuition, creativity and healing powers at will
- Develop a language to speak to your inner self
- Overcome bad habits and act in accord with best intentions
- Do intuitive distant healing and diagnosis
- Find out about the latest findings in consciousness and body/mind research
- Develop your visioning capacities; live into the world you want to create



*Transformation emerges out of deep listening to the self, others, the world, and the planet.*

**Applied Meditation** weaves together work with intuition, intention and mindfulness. It helps us find calm, build resilience, live with integrity, embody our dreams and transform our lives. Families, groups and communities can use it to weave hearts and visions together to heal ourselves and the world.

**Margo** and **Bill** are the coauthors of *Practical Meditation for Busy Souls* and the co-directors of *Tools for Change* which offers training and consulting throughout the U.S.

**Margo** is the developer of Applied Meditation which has been used by therapists and healing practitioners around the world. She is a diversity trainer and social justice activist. She weaves together spiritual, psychological and political perspectives. Margo is the author of *Working Inside Out*, *Meditations on Everything Under the Sun* and *Subjective Side of Politics*.

**Bill** is a longtime political activist, organizer and trainer using popular education, Applied Meditation and Appreciative Inquiry to help unleash the imagination for change. He has worked with sustainable agricultural organizations, community groups and environmental justice networks in the Northwest and around the country.

Fees based on your generosity and ability to pay, contact us for questions  
(suggested scale for the 23<sup>rd</sup>-25<sup>th</sup> is \$125-\$500)  
(for the 17<sup>th</sup> suggested scale is \$40-\$80, free for those attending the weekend)

[www.toolsforchange.org](http://www.toolsforchange.org)

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