

## ONGOING EVENTS

### SUNDAY

**Online Sunday Experience** – 9am, Adult Study; 9:30am, Meditation; 10am, Music; 10:30am, Service. With Spiritual Living Center of Atlanta. [slc-atlanta.org](http://slc-atlanta.org). To watch: [Facebook.com/spirituallivingcenteratlanta](https://www.facebook.com/spirituallivingcenteratlanta).

**Red Clay Sangha Sunday Morning Service** – 9am, meditation; 10:30-11:30am, dharma discussion. Via Zoom. To watch: [RedClaySangha.org](http://RedClaySangha.org).

**Online Meditation Open House** – 10am. A 30-min meditation and a 30-min discussion via Zoom. To watch: [Atlanta.Shambhala.org](http://Atlanta.Shambhala.org).

**One World Spiritual Center Sunday Service** – 11am. To watch: [OneWorldSpiritualCenter.net](http://OneWorldSpiritualCenter.net).

**Shamanic Journey** – 11am. 1st Sun. A virtual healing experience brought to you by Heron House via Zoom. Free; donations accepted. To register: [Tinyurl.com/yctrp49j](https://tinyurl.com/yctrp49j).

**Sunday Morning Talks and Discussion** – 11am-12pm. With Vedanta Center of Atlanta via Zoom. To watch: [VedantaAtlanta.org](http://VedantaAtlanta.org).

**Unity North Online Sunday Service** – 11:15am. To watch: [UnityNorth.org](http://UnityNorth.org).

### MONDAY

**Meditation & Modern Buddhism** – 7:30-8:45pm. Learn how to integrate Buddhist teachings and meditation into daily life so that you can apply a peaceful mind, wisdom and a good heart in every situation. With Gen Kelsang Norden. To register for livestream: [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

### TUESDAY

**Heart Jewel Chanted Prayers and Meditation** – Mon-Fri, 8-9am. Chanted Buddhist prayers and meditation. Free. To register for livestream: [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Online Meditation Open House** – 7pm. A 30-min meditation and a 30-min discussion via Zoom. To watch: [Atlanta.Shambhala.org](http://Atlanta.Shambhala.org).

**Meditation on Twin Hearts** – 7-8pm. With Ursula Lentin. This meditation works on the physical, mental and spiritual levels to open the heart chakra and the crown chakra, thereby enabling you to draw down a great amount of high-quality divine energy into the crown. Donation. Center for Love and Light, 1145 Zonolite Rd, Ste 7, Atlanta. [WithLoveAndLight.com](http://WithLoveAndLight.com).

## **WEDNESDAY**

**Zoom Check In: Wellness Wednesdays** – 10am. Check in with your community during COVID-19 crisis. [slc-atlanta.org](http://slc-atlanta.org).

**Guided Lunchtime Meditation** – 12:15-12:45pm. Treat your mind to a mid-day get-away. Introductory meditation techniques to help you improve your concentration and create mental stillness in your busy day. No meditation experience needed. To register for livestream: [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Unity North Online Wednesday Evening Experience** – 7pm. To watch: [UnityNorth.org](http://UnityNorth.org).

**Weekly Wednesday Meditation Class** – 7-8:30pm. Open to all levels. Experience true inner peace. With the Venerable Nicholas Thannissaro of the Georgia Meditation Center via Zoom. To register: [MeditationCircle.org](http://MeditationCircle.org).

## **THURSDAY**

**Livestream Meditation Fundamentals** – 6:30-7:30pm. With Meditation Teacher Melanie Boyd. Suitable for complete beginners. To register for livestream: [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

**Twin Hearts Meditation** – 7pm. This meditation is an act of service. We use divine energy to bless the planet, our loved ones and every part of our life. With Atlanta Pranic Healing Center via Zoom. To watch: [AtlPranicHealing.com](http://AtlPranicHealing.com).

## **FRIDAY**

**Prayers for World Peace** – 6:30-7:15pm. An opportunity both to simply pray for world peace and to be a part of the solution. Includes a guided meditation, a short teaching and chanted prayers for world peace. To register for livestream: [MeditationInGeorgia.org](http://MeditationInGeorgia.org).

## **SATURDAY**

**Free Saturday Meditations** – 8-8:30am. To register for livestream: [MeditationInGeorgia.org](http://MeditationInGeorgia.org).