



Linda Friend, M.A., MFT

## WISE WOMAN QIGONG A MEDITATION AND SPIRITUAL PRACTICE GROUP

We have all been brought out of our comfort zone one way or another, because of the economy, the world and political situation, the ecological crisis and the continuous rapid changes technology brings to us daily. Sensitive and consciously aware folks are deeply affected by the chaos and level of fear on the collective level as well as the uncomfortable feelings stirred up in our inner lives. Qigong meditation is a potent antidote to the dread and anxiety generated by living on the edge of this unprecedented time of change.

The Hopi have a prophecy at this time that says: “It is the end of the time of the lone wolf.” The challenge for spiritually sensitive and creative people is not to give into a sense of isolation and fear, but to step through the opening that this tearing down time has created into a deeper sense of trust and belonging. We need not to regress and make ourselves smaller, or try and cling or get back to our old comfort zone which is no longer available.

The group will meet for two hours once a week for Qigong meditation followed by a period of sharing support for each other in stepping through this portal with renewed creativity in our personal and professional lives.

**Qigong women’s group meets weekly at my mountain retreat eight minutes outside of Healdsburg. Mixed men and women’s qigong groups now forming.**

Linda Friend, MFT, is a spiritually oriented depth therapist in private practice for 32 years. Please visit my website at: [www.lindafriendtherapist.com](http://www.lindafriendtherapist.com)

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