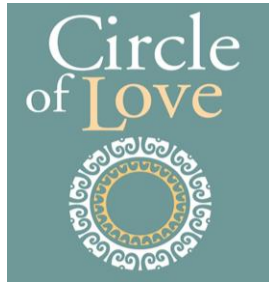


# Circles of Love - Focused Meditations



*Topics: Covid-19 Support & Help*

Facilitator: Dr. Mary Jo Bulbrook, RN, ICF, CEMP/S/I, HTCP

FREE Weekly Sessions Eastern Time Zone Starting Sat. April 11th

Day & Times: Sat. 2-2:30 pm, Tues. 6 – 6:30 pm, Thur. 4-4:30 pm

Join Dr. MJ in the Circle of Love to embrace inner connectedness between realms of multi-dimensional consciousness with the ENERGY of LOVE to change the course of the impact of Covid – 19.

Let us bond together, to bring PEACE WITHIN, PEACE BETWEEN and PEACE AMONG with simple strategies to activate our internal healing mechanisms. The meditations are channeled and inspired with unique sessions that connect spiritual mystical realms with daily living encounters for support and help dealing with Covid – 19's impact on individuals, families, communities, businesses, organizations and nations. The meditation focus unites the energies of those who participate for the 5-minute gathering setting the intention, a 15-minute focus meditation and 10 minutes of sharing. We will start and end on time with opportunity to listen to the recording at your convenience to strengthen the bond and unifying messages.

The background of this section is a vibrant image of a bright sun rising or setting behind a layer of white and yellow clouds against a blue sky. The text is centered and reads:

**ISGO**™  
**Sharing Groups Online**  
• SUPPORT • EDUCATION • TRAINING

ISGO™ is a global online meeting space created for sharing and exploring near-death and similar transformative experiences.

[www.isgo.iands.org](http://www.isgo.iands.org)

***"Be connected, be seen, be heard, be you."***