



AWAKENING HIGHER STATES OF CONSCIOUSNESS

**Sunday August 31st @ 1pm - 2:30pm
at Interfaith Center for Spiritual Growth**

704 Airport Blvd. Suite 1 | Ann Arbor, MI 48108 | www.interfaithspirit.org

**Learn simple practices for reaching the transcendent realms through
mystical mantra, chakra clearing, breath, and meditation.**

**Tune in to the spiritual presence and touch the
transcendental soul. Dive into guided
meditations and holy mantras that awaken
deeper realization. Bask in soul-stirring music,
explore profound states of consciousness, and
look into the Essential Nature of Life.**

**Brian Lottman, a wandering monk, has held
hundreds of "satsangs" at yoga studios,
churches, and spiritual centers across the US
and Canada. Satsang is an immersion into
higher states of consciousness through energy
healing, mystical mantra, sweet harmonium
music and guided meditation.**



**Learn more about events at
stirtheheart.com**

**For clips online, visit
[Youtube @ Brian Lottman](https://www.youtube.com/BrianLottman)**

Love Donation: \$30