The Hearts Center 2016 Summer Solstice Meru University Event
*Maitreya Initiates Disciples in the Arts of Mindfulness, Meditation and Mirth*
*The Buddha of Loving-Kindness Teaches on the Aquarian Path of Love*
Livingston, Montana, June 17–20, 2016

All times MDT

**Thursday, June 16**

*In the Garden with Anastasia III*—David and Mona’s property (See program; this class will not be broadcast)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 am</td>
<td>Registration open for Anastasia and Summer MU Event</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>Dinner in Livingston</td>
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<tr>
<td>6:30</td>
<td>Registration open for Summer MU Event at Masonic Lodge</td>
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<tr>
<td>7:00</td>
<td>Paneurhythm PowerPoint presentation by Boris Mitov in the sanctuary</td>
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<tr>
<td>8:30</td>
<td>Optional Astreas in the sanctuary</td>
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**Friday, June 17**

5:40 am Optional sungazing from hotel or from David and Mona’s property
7:30  Registration open at the Masonic Lodge
7:55  In seats at the Sanctuary of the Heart
8:00-8:30 Silent Meditation
8:30-10:30 Rosary, prayers, decrees, songs
10:15-10:30 Intermission during songs

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<tbody>
<tr>
<td>10:30</td>
<td><strong>Maitreya and Manjushri: The Art of Mindfulness and Presence</strong></td>
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<tr>
<td>11:45</td>
<td>Intermission</td>
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<tr>
<td>12:00 pm</td>
<td>Presentations by U.S. heartfriends groups</td>
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<tr>
<td>1:00</td>
<td>Lunch at Livingston restaurants</td>
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<tr>
<td>1:00-1:30</td>
<td>Bookstore open</td>
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<tr>
<td>2:45</td>
<td>Paneurhythm lessons with Boris Mitov at David and Mona’s property</td>
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<tr>
<td>3:45</td>
<td>End Paneurhythm</td>
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<tr>
<td>3:50</td>
<td>Hike or free time</td>
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<tr>
<td>6:00-7:00</td>
<td>Dinner at Livingston restaurants</td>
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<tr>
<td>7:15-8:00</td>
<td>Meeting for Members of the Holy Order of Knights and Ladies of the Flame</td>
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<tr>
<td>8:00</td>
<td>Harmony Club (optional activity, not broadcast)</td>
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<tr>
<td>9:00</td>
<td>Optional Astreas</td>
</tr>
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**Saturday, June 18**

5:40 am Optional sungazing
7:55  In seats at the Sanctuary of the Heart
8:00-8:30 Silent meditation
8:30-10:30 Rosary, prayers, decrees, songs
10:15-10:30 Intermission during songs
10:30  **Maitreya and Padma Sambhava: The Art of Meditation and Stillness**
11:45  Intermission
12:00 pm  Presentations by international heartfriends groups
          Introduction by Ralph Raaths, International Council president
1:30  Lunch at Livingston restaurants
1:30-2:00  Bookstore open
2:45  Paneurhythmy lessons with Boris Mitov at David and Mona’s property (not broadcast)
3:45  End Paneurhythmy
3:50  Hike, free time, or to sanctuary for talent show preparation
6:00-7:15  Dinner at Livingston restaurants
7:30-9:00  Talent Show: *Jubilant Jewels and Mirthful Melodies*
9:00  Optional Astreas

**Sunday, June 19**

5:40 am  Optional sungazing
7:55  In seats at the Sanctuary of the Heart
8:00-8:30  Silent meditation
8:30-10:30  Rosary, prayers, decrees, songs
10:15-10:30  Intermission during songs
10:30  **Maitreya and Gautama: The Art of Mirth and Divine Happiness**
11:45  Intermission
12:00 pm  Council presentation and Argentina pilgrimage update
1:00  Lunch at Livingston restaurants
1:00-1:30  Bookstore open
2:40-3:10  Drive to Healing Light Retreat
3:10-4:00  At the Healing Light Retreat: *Mother Mary: Healing in the New Age* (not broadcast, replay available after event)
4:00-5:00  Paneurhythmy lessons with Boris Mitov (not broadcast)
5:05  Chico Hot Springs, back to hotels or to Livingston
7:00  Dinner at Chico Hot Springs or in Livingston
9:00  Optional Astreas

**Monday, June 20 (Summer Solstice is at 4:34 pm MDT)**

5:40 am  Optional sungazing
7:55  In seats at the Sanctuary of the Heart
8:00-8:30  Silent meditation
8:30-10:30  Rosary, prayers, decrees, songs
10:15-10:30  Intermission during songs
10:30  **Maitreya and Kartikeya: Community Initiations in Loving-kindness**
12:00 pm  Final Paneurhythmy with Boris Mitov at David and Mona’s property (not broadcast)
1:00  Circle of oneness and appreciation. Collective blessing by Lord Maitreya for all attendees. (This will not be broadcast, however the blessing will include all who participated on the broadcast.)
1:10  Catered picnic at David and Mona’s (extra charge)
2:30  Shuttle to airport for those departing
2:30  Bookstore open
3:30  Hike at Pine Creek Falls for those not leaving for airport
6:00  Dinner in Livingston

**Tuesday, June 21**
Shuttle rides to airport for those departing this day.

Revised 06/13/16