

**The Hearts Center Presents**  
***How to Live a Heart-Centered, Mindful Life***  
**Norlane Community Centre, 39 Rose Avenue, Norlane, Victoria, Australia**  
**October 19-20, 2018**

**Broadcast Program**

**All Times Mountain Daylight Time (MDT)**

**Friday, October 19**

- 4:45 pm     Silent meditation. Doors closed
- 5:00        Introduction by Geelong heartfriends  
              Welcome by David Christopher Lewis  
              Prayers, songs and movement  
              **Kuan Yin: *Accentuate Mercy to Live in a Field of Heart-Centered Joy***
- 6:30        Intermission
- 6:45        Violet flame prayers and songs  
              **Saint Germain and Portia: *Soulfully Co-Create a New Era of Love and Freedom***
- 7:45 pm     (Lunchtime in Australia)
- 9:00        (The following session will not be broadcast unless weather conditions move it indoors. It will be available as a video replay:)  
              Paneurhythmy  
              Meditation, prayers and songs  
              **Jesus and Magda: *Darshan on the Importance of Mindfulness in Our Daily Lives***  
              Reflection and sharing
- 11:00 pm    End of session

**Saturday, October 20**

- 4:45 pm     Silent meditation. Doors closed
- 5:00        Prayers, songs and movement  
              **Mother Mary: *Darshan on Living from, through and in God's Heart***
- 6:30        Intermission
- 6:45        Songs and Bahjans  
              **Zarathustra: *You Are Flaming Spirits, One with the Eternal!***
- 7:45 pm     (Lunchtime in Australia)
- 9:00        Meet outside community centre for Paneurhythmy (not broadcast)
- 9:45        Return to meeting room (Broadcast resumes.)  
              Buddhist mantras, mudras and chanting  
              **Gautama Buddha: *Balancing Your Being through Heart-Centered, Mindful Living***  
              Reflection and sharing
- 10:50 pm    Circle of Oneness and Appreciation

Updated 10/10/18