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:)
        Paneurhythm
        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 Paneurhythm (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