



Connecting people through Conscious Conversation

# ConsciousCafe in The New Forest

Please join me for an informal evening of socialising and conversations at ConsciousCafe



## Ascension

I will open the discussion by sharing my own understandings of what Ascension means to us and how we can raise not only our own vibrations but also those of our world and environment.

We will discuss: What does Ascension actually mean? How can we connect and reverse the damage we have done to the spirit of the elemental world? How can we connect to Gaia (the spirit of our planet) and Pan (leader of elemental spirits)? What steps can you take to clear your own lower energies, imprints and scars that come from difficult experiences? Ascension requires our society and us as individuals to release old patterns and habits; do you know what your habits and thinking are OLD ENERGY and how can you change mindsets and attitudes? Has time speeded up since 2012 and is time real or can it be manipulated?

I will endeavour to answer the questions you raised at our April meeting and any you have on the day.

**Date: Monday May 20<sup>th</sup>**

**Venue: Myrtle Hall, Copse Road, off Pound Lane, Burley. (From centre of village take Pound Lane towards Bransgore. Turn right after pinch point traffic calming.)**

**Time: 7pm to 10pm. Cost: £7 includes a vegetarian meal.**

Please let me know if you can join me and feel free to bring a friend along too, **just please let me know in good time so that we can plan the food.** Please RSVP to Anne: [Aj3@btconnect.com](mailto:Aj3@btconnect.com) (Anne Jones [www.annejones.org](http://www.annejones.org)) Tel: 07899890809

[www.consciouscafe.org](http://www.consciouscafe.org)

Conscious Cafe is a not-for-profit organisation, founded by Judy Piatkus that allows a safe space for like-minded people who are following their spiritual path in whatever way suits them, to come together for stimulating conversations and discussions. We create a friendly and welcoming community, a place to live life consciously.