

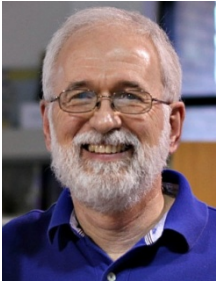


*Toward Stillness  
Meditations*  
www.towardstillness.com



# SILENT DAY RETREAT

**“The Crystal Journey...using Meditation and  
Crystal Bowls to Find Your Inner Silence”**



**Tony Murdock, MA, Meditation Facilitator**  
[www.towardstillness.com](http://www.towardstillness.com)

Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972, focusing on the teachings of Paramahansa Ramakrishna. Tony has a Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies. He has been sharing meditation with others since 1998.

With Special Guest **DAVID HICKEY AND CRYSTAL JOURNEY**  
[www.crystaljourney.ca](http://www.crystaljourney.ca)

Based in Mount Hope, Ontario, Crystal Journey and David Hickey performs with Quartz Crystal Singing Bowls, 5-10 of them. Each produces a pure note or tone, the purest there is. They are accompanied by Iranian Santoor's and 8-10 Paiste Planet, Symphonic and Sound Creation Gongs. Every gong features a strong fundamental note tuned to represent a natural harmonic series based on the orbital properties of the Sun, the Earth, the Moon and the other planets. It's like having a full orchestra. Nothing is amplified, pre-recorded or rehearsed. Each set and performance is improvised, sonically pure and unique.



**Sunday Mar 6<sup>th</sup> 2016: 9:00 AM – 5:00 PM**  
**Program Fee: \$100.00 + HST (\$113.00)**

at **WELLSPRING Birmingham Gilgan House**  
2545 Sixth Line, Oakville, Ontario L6H 7V9

Enjoy a day of silence as we practice various meditation techniques to assist us in discovering our inner stillness. In addition to periods of personal silence and inner reflection, you will listen to the subtle and transformative vibrations of David's Crystal Bowls, Gongs and other musical innovations. You will be guided and directed through the different stages of the day, which will include sitting meditations, in solitude and in a group.

When the mind eventually quiets and stills, we will attune to our soul's vibration, and become more aware of its inner guidance. We will begin the day with a Devotee Chakra, a ritual celebration to invoke the Divine within us. Silence in solitude is rich and rewarding; Silence in community is priceless.

Bring list: Your yoga mat (optional – for private practice); Comfortable clothing; Your Journal; A bagged lunch (a fridge is available); Snacks, coffee and tea will be provided; Inner Permission to enter into Silence

Make cheques payable to: **TOWARD STILLNESS MEDITATIONS**  
28-3360 Council Ring Road, Mississauga ON L5L 2E4; for info [towardstillness@rogers.com](mailto:towardstillness@rogers.com)  
\*\*\*Space is limited and fills quickly. Please register early with payment\*\*\*  
[www.towardstillness.com](http://www.towardstillness.com)