

Online Event

MUSIC MEDITATION



1 PM – 2:30 PM, THURS. FEBRUARY 20, 2025

LED BY TERRY DUNN

An educator, spiritual director, and developer of Jazzio Divina music meditation.

Music is a gateway to the Divine. Jazzio Divina is a simple practice with a small group listening to one song deeply. We listen to the song three times during the hour, sitting with what comes to mind and heart each time. Each round includes voluntary sharing in deepening detail, listening to each other. We open the hour sitting in silence and close the hour with shared prayer. This practice is enjoyed even by those who “don’t like jazz” since the songs played tend towards beauty, not chaos.

**Lord, open our hearts and our ears and our minds
to what you would have us experience. Amen.**

PROGRAM FEE

\$25-\$40

REGISTER BY EMAIL:

HND@POP NJ.ORG

A payment link will be sent via email after registration..