

# Falling Awake

Taught by Elaine Huang, MSW, MA

Offered twice:

Saturday, May 14, 2011

Saturday, May 28, 2011

10:00 AM to Noon

Museum of the Rockies

Lower Level in the Seminar Room

Bozeman, MT



*Enlightenment is not meant for only a select few.  
You can awaken. Many people are awakening.*

Whether you are new on the path of self-inquiry or have already had the experience and recognition of what you are, this class will provide support and clarity for people at various stages of wakefulness.

Elaine will speak directly about awakening, what it means to recognize the truth of your being, and the opportunity and challenge of integration that follows enlightenment. She will also explain what creates a sense of separation and offer ways to work with the mind and its thoughts.

For the last 12 years, Elaine has been a spiritual teacher in Bozeman, MT, offering support and guidance for people along their life journeys. From 1992-1998, she resided in Chicago, IL and was a psychotherapist that also provided meditation seminars and short-term counseling in several corporate settings. Elaine has Masters Degrees in both Social Work and Clinical Psychology, and has been a meditator for 22 years.

This class will begin with a short period of silence.  
No prior time spent with Elaine is required.

Please call Elaine at 582-8694 to reserve your spot.  
Class cost: \$30.00