

Transforming Yourself with S.U.N. Energy: An Experiential Introduction

S.U.N. teachers give talks explaining energy work and providing an overview of our unique workshops. Come experience these transformative energies for yourself! **For directions to talks, or to arrange talks at times or locations other than those listed, call your nearest teacher.** (See the Teachers' Directory.)

Some teachers prefer to schedule Introduction to S.U.N. Workshops and Energy Meetings when they are contacted rather than in advance, and some teachers schedule more of these than can be listed in the newsletter. However, the S.U.N. office does not maintain lists of these other events. Please call the teachers listed on page 12 if you are interested!

Introduction to S.U.N. Workshops (Free)			
Meet by Arrangement		London/Online	Hari Tahil
Meet by Arrangement		Tokyo/Online	Petya Lowe
Wednesday, January 8	6 pm – 7:30 pm	Zoom/Phone	Loretta Metzger
Monday, February 3	4 pm – 5:30 pm	Zoom/Phone	Loretta Metzger
Thursday, March 6	6:30 pm – 8 pm	Zoom/Phone	Loretta Metzger
Monday, April 7	5 pm – 6:30 pm	Zoom/Phone	Loretta Metzger

Some S.U.N. teachers hold Energy Meetings on a regular basis. These meetings are to further your understanding and practice of energy work you are learning in S.U.N workshops. Participants practice using new S.U.N. skills, i.e. practicing energy work on each other. We also meditate, answer questions and discuss spiritual problems you might be having. Lastly, this is a place to meet and socialize with others who share common interests. Attend an energy meeting facilitated by S.U.N. teachers.

Students who are interested in Energy Meetings close to home should call their nearest S.U.N. teacher (see directory on page 12). Many S.U.N. teachers will arrange these meetings to work with your schedule.

S.U.N. Energy Meetings (Free)		
Meet by Arrangement	Tokyo, Japan or Online	Petya Lowe
Meet by Arrangement	London, England or Online	Hari Tahil
Meet by Arrangement	Zoom/Phone	Ira and Kathy Hilf