

**Ashley Poy**

**Universal Spirituality: How do I Feel, in Heart, Body & Mind, Right Here, Right Now?**

My presentation on "Universal Spirituality" will be based on the following items:

I'll begin by sharing a short anecdote about an ad I once saw on T.V. while living in Winnipeg 10 years ago; it advertised for a pill that one could take to ease feelings of anxiety when in social situations...

(I Will give a brief illustration using a prop describing how we as human beings typically respond to feelings of discomfort in our lives)

There is another way...

Over the course of our event series featuring the wisdom practices of Buddhism, Japanese Tea Ceremony, Taoist Tai Chi, Islamic Sufism and Hindu Yoga, we will have the opportunity to explore this OTHER WAY.

If I could synthesize all that I have learned and experienced through my own studies of Asian spiritual traditions over the past 20 plus years, it would could read like this:

**ALLOW YOURSELF TO FEEL; ALLOW YOURSELF TO BE STILL IN THE MIDST OF IT ALL...** (I will then illustrate to the audience what I am talking about with the aid of a prop)

My sense is that we do not have such a relationship with our lives very often. At the breakneck speed that our lives are running in our age, with the innumerable distractions that are at our fingertips, the chances of **ALLOWING OURSELVES TO FEEL AND TO BE STILL IN THE MIDST OF IT ALL** are pretty slim, would you agree?

Do any of you practice such way of being in your daily lives?

I certainly do, and that's the reason I stand in front of you all today.

There is a way of being in the world that is ever open to us, but (I sense) rarely exercised.

And this way of being, I have come to know, is a fundamental key in our human quest for greater JOY, WELLNESS, CLARITY and MEANING.

But don't take my word for it. Let's begin to experience the wisdom of Asia first-hand and know for ourselves, RIGHT HERE, RIGHT NOW...

(This will be followed by a short guided meditation that will begin by the audience asking themselves the question:

***How do I feel, in heart, mind & body, right here, right now?*** Now allow yourself to feel...)