

**ELECTION NIGHT ZOOM WITH ELIZABETH LEWIS**  
**AN HOUR OF PEACE AND CENTERING MEDITATION**  
**November 3 @ 7 p.m.**



As we await election results, please join me for an hour of meditation. Together we will explore light and heart meditations, self-compassion and more to help navigate whatever the future holds from a place of inner balance, acceptance and peace.

If you would like to participate, please contact me through Facebook messenger or at [elizabethlewis@wi.rr.com](mailto:elizabethlewis@wi.rr.com) and I will send you a zoom link.

Blessings of peace to us all.