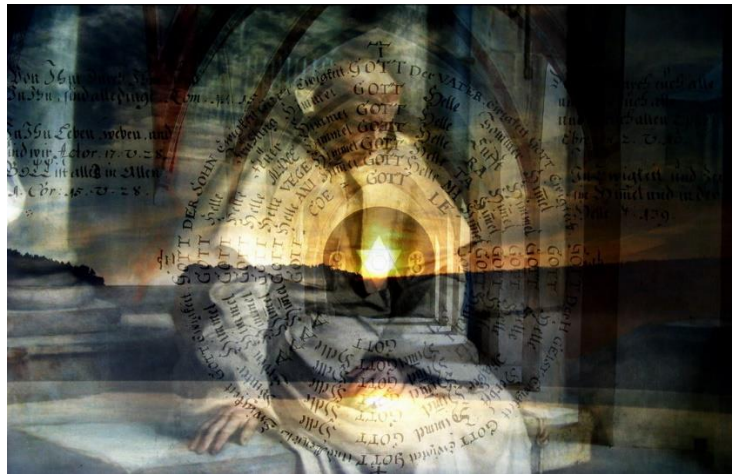


Pure Release

Meister Eckhart's Way to Unity with God



Release yourself. Relax and effortlessly allow yourself to be one with God, says Meister Eckhart. Come learn how to release yourself into God.

In this series, we will reflect on Meister Eckhart's teaching on *gelassenheit* or releasement (meaning letting go/letting be) as the key to unity with God.

Eckhart lived a gentle, detached, and active life; his life was guided by letting go and letting be. We will learn about his life in the context of his anxious, violent times – times very much like our own.

Releasing the self and its attachments, releasing into the God beyond God, freeing our consciousness, and shaking loose from all the shackles of rigidity and loneliness – whether in our minds or in society and religion – will form the core of our reflections. We will even avert to Eckhart's thoughts on changing the church.

Each session will include both a lecture and a discussion of one of Eckhart's mystical sermons, with recommendations for further reading.

- Links to pre-recorded Zoom sessions available to watch on demand [here](#).
- [Live Q/A Zoom Session March 30](#), 7:00 PM, link below:

<https://us06web.zoom.us/j/85746098490?pwd=N2kvTENuL1liMUJZcEd5dHN2Wit2QT09>
Meeting ID: 857 4609 8490 Passcode: 281201

This series is taught by L.J. Milone, contact him for more information:
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