

Review of the Conscious Life Expo and Upcoming Events

By Peggy Neligan

As the Metaphysical Center expands into our 60th Anniversary with new programs and events, we are becoming more and more aware of the growing consciousness of humanity. There are new online sites popping up every day with webinars that offer tools for developing and expanding this growing interest in metaphysics and the conscious life.

One of the best in-person events I attended this year was the Conscious Life Expo at the LAX Hilton in Los Angeles, CA. Each year in February the Expo attracts the best thought leaders in the field and offers a weekend of immersion in conscious living. Hundreds of vendors offer products in the four Exhibit Halls as well as bodyworkers of many modalities to enhance your well-being. It was exciting to see two of MCNJ's own Fall Festival vendors: Maryam Kabeer and James John who also spoke at the Fall Festival last year.

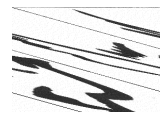
The Day Pass included 100 free events: general workshops, panel discussions, music on two stages, as well as speakers on a variety of topics from Ancient Aliens and UFOs to Spiritual Healing and Near Death Experiences. Some were available at the Bonus Post-Conference day on Monday as well. Of the many Keynote Addresses on the program, I was thrilled to hear Dr. Eben Alexander, Gail Thackray, James Redfield, and Matt Kahn and Julie Dittmar. It was also interesting to see some of the names MCNJ has hosted in the past like Lynn Andrews, Susan Shumsky, and Russel Targ.

My favorite was Matt Kahn. He made it very clear that all of us are witnessing and many are consciously participating in the transformation of the world. Matt is a bridge between the mystical realms and the path of awakening, a gifted spiritual teacher, intuitive healer and now author of his new book

Whatever Arises, Love That. He combined a heart-centered awareness of unity consciousness with a profound understanding of the mystical nature of reality. His workshop was a perfect opportunity to deepen the practice of self-love as a way of activating the most profound healing, awakening, and transformation we are here to receive. Matt Kahn showed us how to fulfill our highest destiny as a living anchor of heart-centered consciousness.

MCNJ is hoping to have Matt and Julie as part of our 60th Anniversary celebration sometime in the coming year.

Another event we hope to bring to our members in the near future is a film festival similar to the one at the Conscious Life Expo. For a start I saw and loved *The Prophet*, an animated story of the work by Khalil Gibran. Stay connected to the Metaphysical Center's upcoming new website for lots of events coming your way as part of our 60th Anniversary Celebration.



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