

Players wanted for Senior Bridge Club

The Senior Bridge Club that plays cards 7 p.m. Tuesdays at the Lawrence Family Jewish Community Center, 4126 Executive Drive in La Jolla, is looking for new members. The cost is \$3 to play.

If interested, call Renee at (619) 528-8398. More information about the center at lfjcc.org



Madison Gallery named a 'best' gallery

Modern Painters magazine, a division of Louise Blouin Media, recently named La Jolla's Madison Gallery as one of the top 500 galleries in the world.

Madison Gallery exhibits modern and contemporary art in its 3,500-square-foot showroom at 1020 Prospect St., led by Lorna York.

The gallery will be featured in a special annual issue of the magazine showcasing the galleries making the biggest impact on the art world.



FROM MEDITATION, B10

As practiced by Native Americans and Druids, Stuart creates a circle of energy and draws upon the four elements. She explained these elements represent different energies and can contribute to what meditators hope to accomplish by being there.

"Fire" represents movement, change, purpose and passion; "Water" represents relaxation, a feeling of melting and expansion; "Earth" represents centering, stability, grounding and security; "Air" represents releasing stress and pain, bringing in clarity and the ego.

Sometimes during a class, Stuart guides the class through visualization meditations, such as going to a place in nature, imagining a conflict being resolved, sending positivity energy to a situation or building confidence for the coming week.

Stuart said each person meditates differently and will respond to different things, so she changes the class each week.

One of the few constants, she said, is honoring the six aspects of the self. "There is the 'spiritual,' the ego, the 'physical,' the 'soul,' the 'emotional' and the 'mental' self. We try to honor each part," she said.

She asks, "When the mind wanders, is it due to an emotional, mental or physical distraction?"

That self-awareness, Stuart said, is what makes La Jollans receptive to her practice. After teaching meditation at community colleges (Palomar and Grossmont) and the School of Healing Arts, Stuart opened an office on Fay Avenue last year.

"This is a community that knows who they are, and they are willing to keep working at themselves ... and actually see the significance of being centered and seeing what

more can be," she said. "They are not afraid to try and I think that's pretty cool."

To skeptics, she insists, "Meditation can seem overwhelming, but when you meditate a little bit at a time, you can slowly bring it into your daily life." She said some of the benefits include feeling happier, becoming a better communicator, experiencing more restful sleep, feeling more in charge and being more forgiving.

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