



Peace, Tranquility & Joy are God's gifts to those who diligently meditate

A recent study from Beth Israel Deaconess Medical Center in Boston, Massachusetts, reports that meditation can help preserve your mind and slow the progression of dementia and Alzheimer's.

Research* Shows MEDITATION:

- Increases **Cortical Thickness**, especially in areas related to introspection and attention
- Increases **Grey Matter** in areas related to memory (hippocampus) and thought (frontal areas)
- Increases **Brain Volume** specifically in areas for emotion regulation, positive emotions & self-control

MEETING PLACE AND TIME:

- **WHERE:** TBD
- **WHEN:** TBD

Who We Are

Leroy & Vonda Grey are the founders of 3Circles Church Communities, Inc., an organization tasked with designing & building planned, eco-friendly Christian communities, and RENEW-GATHER-BUILD, an online social learning network offering courses to members that challenge them intellectually and spiritually. At the heart of our online school's multi-media courses, is an emphasis on Christ-Centered Meditation and Community, two facets of life important to all disciples of Christ, but which have been long neglected. Through the use of smart-phone apps and web-based conference rooms, we enhance communication & collaboration among our members. Our goal is to help members recognize & overcome those sense-dependent, spiritually disconnected systems of thought that have infiltrated religion, education & medicine over the centuries, thereby diminishing our individual and collective mental, physical & spiritual health.

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Christ-Centered Meditation

*Relieves stress, Promotes Health,
Opens the door to God's wisdom.*

The amazing story behind CC-G2G-TM.

CC-G2G-TM stands for “[Christ-Centered, Glory2Glory, Transforming Meditation](#)”, a method of meditation given to me by God when I was at one of my lowest points in life, homeless and unemployed.

This story begins with my salvation experience in November 1973, following a 7-month self-study. I soon realized the meditation method I had been using was based on eastern religious teachings and I needed to stop. However, since the Bible tells believers to meditate, I decided to look for a Christian meditation method. But none of the Christians I knew meditated, and I could find no books about Christian meditation methods.

So, the prayer of my heart was for God to reveal the ideal method of Christian meditation. I had no idea my quest would require the patience of Mathusala, taking 10 long years before God would answer that continuing prayer!

In early spring, 1983, I ended up homeless through no fault of my own. One day, while praying on a cliff above the Goat River in British Columbia, God revealed a deeper meaning behind two passages of Bible scripture.

First, I read about Jesus praying in the Garden of Gethsemane. He went in alone, asking his disciples to “keep watch” (meditate) outside the garden. And three times Jesus came out to check on them, each time finding them asleep. Whereupon Jesus would say, “What? Could you not watch with Me one hour” (Matthew 26:40). The Holy Spirit revealed to me that day the deeper meaning behind this passage.

One hour is the minimum time needed to overcome this world’s problems & stress. Remember, Jesus knew He was about to die. Yet He willingly sacrificed himself to deliver us from our own sins. And, whether you believe this to be true, the facts remain: Jesus struggled mightily over His looming death, so much so that the scriptures say He sweat drops of blood.

“The first time I meditated with Leroy & Vonda I felt a positive power. When I returned home, I found my job was in jeopardy & was very upset. I decided to use their Christian meditation method & it gave me a peace and certainty, a sense that God was telling me my job was safe, which proved true.” Tim S.



Research* Shows MEDITATION:

- Increases **Positive Emotions**
- Increases **Life Satisfaction**
- Boosts your **Immune Function**
- Decreases **Pain**
- Decreases **Inflammation**

The second passage of scripture I read that day was from 2 Corinthians 3:17-18, “Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.”

This is what I saw. If we want to be truly FREE we must seek God & let-go of our social masks. This is made possible through CC-G2G-TM. This enables us to look into the mirror of our inner kingdom and “see” the glory of God (“God willed to make known what are the riches of the glory of this mystery... which is Christ in you, the hope of [God’s] glory.” Col 1:27). This inner kingdom mystery (remember, Jesus said, “The kingdom of God is within you” Luke 17:21) is a “glory to glory” transformation that transfers to us God’s ineffable Peace and Joy.

What makes CC-G2G-TM different from other meditation methods:

- We follow & teach methods taught by God.
- The goal is to follow God’s prescription, not man’s; to listen to God, not music.
- Experience reveals: about 3/4 of an hour is the minimum needed to quiet the mind & this world’s voices, and sense God’s presence.
- Therefore, we do not follow the example set by most meditation teachers, who seek to attract more people by diminishing meditation time to fit their student’s frenetic lifestyles.
- We state up front what most people do not want to hear: you must choose self-discipline and apply time management.
- However, for those who persevere the rewards are great: “The peace of God, which surpasses all understanding” (Philippians 4:7) & “Joy unspeakable and full of [God’s] glory” (1 Peter 1:8).

3Circles of Belief - All Are Welcome!

Believers are at different stages of spiritual growth:
[Secular Believers](#) – Believe Jesus was a great teacher.
[Religious Believers](#) – Believe in their religion.
[Spiritual Believers](#) – KNOW God thru meditation.