

Christian Meditation

www.christianmeditation.us

PERSONAL INTRODUCTION TO CHRISTIAN MEDITATION

INTRODUCING CHRISTIAN
MEDITATION TO:

INDIVIDUALS
CHURCH COMMUNITIES
BUSINESS/OFFICES

*Numerous studies point to the physical
and mental health benefits of meditation.*

I have over 18 years of experience with
meditation, during which time I've
attended multiple meditation groups in
Ireland, Canada, Poland and the U.S.A.

I'm available for private or public
sessions to introduce individuals and/or
groups to this ancient prayer practice,
with all it's spiritual and other benefits.

While the teachings on this way of
prayer are simple, many find the
discipline quite difficult when they
begin and have many questions about
the practice. Having someone guide
you through the introductory period can
be invaluable in helping you continue
along the lifelong path of meditation.
This is where I can provide assistance.

RATES

Individual instruction is given at \$75/hr.
Group rate, and travel time outside of
Manhattan, is negotiable.

Main World

HELPING TO SIMPLIFY YOUR WORLD

PERSONAL INTRODUCTION TO CHRISTIAN MEDITATION

www.christianmeditation.us

TECHNICAL HOUSE CALLS

www.yourmainman.net

AFFORDABLE WEBSITE HOSTING

www.mainworldhosting.com

INEXPENSIVE DIRECTORY LISTINGS

www.smallbusinessbigworld.com

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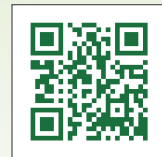
TECHNICAL & SPIRITUAL ASSISTANCE



Main World

HELPING TO SIMPLIFY YOUR WORLD

Christian Meditation
Home Technical Help
Website Hosting
Directory Listings



WWW.MAINWORLD.CO



Main World Hosting

www.mainworldhosting.com

HIGH QUALITY, AFFORDABLE WEBSITE HOSTING

Providing professional grade, world class website hosting with personal local service. I deal with the technical stuff while you focus on your business.

You can register and have full access to your own domain name through the interface linked from my website, or you can have me take care of registering and maintaining your domain name for you.

Your hosting package (Silver and above) comes with SiteBuilder software: choose from over 100 templates for building your own website and making design and content updates as often as you wish.

You can have your website hosted at one of multiple first-class hosting facilities located in the US, in the UK, or in Asia. These facilities have up-to-date computers, extremely fast and dependable connections to the Internet, and all have battery backup and power generators. Cloud hosting is also offered.

Check the website for hosting packages and related pricing and also to register your domain name.

RATES

Domain names - \$29.00 per year.

Hosting packages - check the website.



Small Business Big World

www.smallbusinessbigworld.com

YOUR LOCAL SMALL BUSINESS DIRECTORY

This online directory is dedicated to small businesses with 50 or fewer employees.

A listing in Small Business Big World is designed to target potential customers right in your own town. And since the directory has individual pages for various business categories in towns worldwide, it provides a valuable resource for small businesses all over the world.

While your listing is on a specific page for your business category in your town, it will also be listed on a similarly categorized page with other businesses worldwide. This not only helps you to be found in multiple ways, it gives your website higher priority in Internet searches. Most search engines give preference to websites which are linked from pages containing relevant content to the business being searched for. This is exactly what you're getting with a listing in Small Business Big World.

Small Business Big World is listed in many other Internet directories and can be found in most of the major search engines.

RATES

One-year listing - \$88.00

Two-year listing - \$168.00

Check the website for current special offers.

Your Main Man

www.yourmainman.net

TECHNICAL HOUSE CALLS

HOME ELECTRONICS MADE SIMPLE

APPLE COMPUTERS & PCS, TVS, SURROUND SOUND & INTERNET PHONE SERVICE

My job is to help you get the most from your investment in home electronics, whether I'm installing new computer software, connecting your TV to your stereo, or helping you take advantage of lower priced Internet phone services.

I'll take the time to explain your home electronics options in everyday language, letting you know the pros and cons of any decision you may be contemplating.

If you already have electronic equipment that you can't seem to figure out, or is giving you trouble, I'll come by your home and help simplify your world.

RATES

First consultation - up to one hour - \$70.00

Each additional hour - prorated in half-hour increments - \$80.00

Travel time, outside of Quechee - \$60.00 per hour with a one-hour minimum.

YOUR MAIN MAN