

The Art of Meditation

Workshop Level 1 & 2

October 21 & 28, 2004
(7:00 – 9:00 pm - Fee: \$30.00)



Level 1:

- ❑ Deep relaxation
- ❑ Short discussion on:
 - (a) Why meditation?
 - (b) Basic types.
 - (c) A little theory goes a long way.
- ❑ Creating and practising your own Dynamic 3-minute inductive method.
- ❑ How to use it for: relaxation, self-programming, self-healing and overcoming pain, psychic work, and spiritual experiences.
- ❑ The use of a Portal.
- ❑ The importance of intention.
- ❑ The morning eye opener exercise.

Level 2:

- ❑ Deep relaxation
- ❑ Short discussion on Eastern Meditation; Relaxation – Meditation – Contemplation.
- ❑ Breathing Exercises.
- ❑ Filling the mind to empty the mind.
- ❑ Tibetan Buddhism – two meditative techniques; stabilizing and analytical.
- ❑ Discussion on Mantras.
- ❑ Re-discovering the OM.
- ❑ The Soham Technique.
- ❑ A Mantra for Insomnia.
- ❑ All techniques discussed will be practiced as time allows.

Facilitated by
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Instructor
Elwin Reed

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Registration begins at 6:30 pm
No admittance after 7:00 pm

To allow for complete relaxation during meditation we suggest you bring a pillow or blanket to use while sitting on the floor. Light refreshments will be served during the break. Please bring paper for note taking.

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