

INTRODUCTION TO MEDITATION A 6-WEEK COURSE

"...meditation, time taken to be more fully with oneself" (Paramananda)

What is meditation? How do I go about it? Will I need special equipment? Will it help me feel happier/calmer/clearer? There will be a chance to explore these and any other questions you may have, during the six sessions of our introductory course – and to answer at least some of them by direct experience of meditating.

The course is suitable for complete beginners and those wanting a refresher. Meditation methods based on those taught in earliest Buddhist tradition will be explained and led through: Body Awareness, Mindfulness of Breathing, Walking Meditation and Metta Bhavana (literally "development of loving-kindness"). Together these methods encourage clarity of mind, positive emotions, and a kindly awareness.

A posture workshop will offer help with finding the posture that best suits your needs.

We shall explore the context of meditation and ways to help your practice along.

The introductory course offers information and experience to enable you to establish a personal meditation practice. Printed descriptions of the methods taught will be available as well as details of how to take your meditation further.

To read more about the Centre and the range of courses we offer, see our website at www.edinburghbuddhistcentre.org.uk