An Oasis of Calm in a Turbulent World
a meditation mini-retreat with Ramananda John E. Welshons

Discover the Infinite Reservoir of peace within
Saturday August 24th from 11 am to 4:30 pm
Please bring a sack lunch for yourself.

We will explore:
◊ How to change our thoughts to generate healing
◊ Meditation practices to focus the mind, and awaken loving energy in our bodies
◊ Tibetan Buddhist practices to encourage healing
◊ How to soften around pain and discomfort
◊ How to visualize the physical body as pure energy and Light

for beginners and experienced meditators

RAMANANDA JOHN E.WELSHONS is a highly respected contemporary spiritual teacher with a fascinatingly varied life background who offers meditation workshops and retreats throughout North America.

Tickets & information:
Rymii Kaio, 206.622-8475 x 123
rkaio@seattleunity.org

More info on our website:
www.seattleunity.org  (206) 622-8475

Seattle Unity Church
200 - 8th Ave North, Seattle WA 98109

$60 per person
An Oasis of Calm in a Turbulent World

a meditation mini-retreat with Ramananda John E. Welshons

Join RAMANANDA JOHN E. WELSHONS for this wonderful mini-retreat of mindfulness (Vipassana) meditation, relaxation, quieting, cultivating inner peace and focusing on meditative healing practices and perspectives from the Tibetan Buddhist tradition, Vedanta, the Christian tradition, and the Sufi tradition.

We will learn:

* How to change our thoughts to generate healing
* Meditation practices to focus the mind, and awaken loving energy in our bodies
* Tibetan Buddhist practices to encourage healing
* How to soften around pain and discomfort
* How to visualize the physical body as pure energy and Light

This workshop is open to beginners and experienced meditators. We will explore a number of perspectives and practices that can help to enable healing in our bodies, in our minds, and in our hearts.

RAMANANDA JOHN E. WELSHONS is a highly respected contemporary spiritual teacher who offers meditation workshops and retreats throughout North America. He has practiced meditation and various forms of yoga for more than 40 years, and has taught since the 90’s. In the 70’s and 80’s he traveled throughout India, spending time at the ashrams of Meher Baba and Neem Karoli Baba. He has worked extensively with Ram Dass (Be Here Now) and Stephen Levine (A Year to Live) and trained with Dr. Elisabeth Kubler-Ross. He is the author of 3 critically-acclaimed books: One Soul, One Love, One Heart; Awakening From Grief; and When Prayers Aren’t Answered, all published by New World Library.

He is a congregational favorite here, as we annually enjoy his enormous love, wisdom, humor and compassion

Participants complete the workshop feeling refreshed and restored, with a new sense of calm, deepened inner peace, and a heightened awareness of – and appreciation for – your life, your relationships, and your surroundings.

Meditation is simple, easy to learn practice that is of tremendous benefit to one’s physical and mental health. It is a wonderful tool for improving the quality of life, enhancing the depth of yoga practice, and increasing happiness and peace of mind. This workshop is a mini-meditation retreat, useful for beginners and experienced meditators. Participants are given instruction in Mindfulness Meditation (Vipassana) and tools for integrating meditation into daily life. You will learn practices that can be used to reduce stress at home, and in your professional life.

The workshop begins at 11 am and ends at 4:30 pm.

Please bring a sack lunch, and we will include a silent practice of "mindful eating".

We will experience several cycles of sitting meditation, walking meditation, and lying-down meditation, periods of “dharma talk,” and questions and answers.

We will use our time together to cultivate mindfulness and relaxed alertness in as many aspects of life as possible.