

Free Talk - Meditation for Anytime of the Day



Free Events in Personal Development & Meditation

Monthly Talks, Sessions and Workshops

Thursday 4th February 2016 - Meditation for Anytime of the Day
Understand the true nature of meditation to bring about awareness in our relationships, work and even our sleep.

Thursday 3rd March 2016 - Keeping My Heart Clean
Learn how to cleaned out the heart with love and attention so that our inner light can shine.

Thursday 7th April 2016 - Emotional Freedom
Explore some of the main causes for our emotional blockages and ways that can help to release, free and bring healing.

6.45 - 8.15pm

Monthly Meditations

Open to everyone from absolute beginners to those wanting to deepen their meditation experiences. A sharing of ideas, feelings, meditation commentaries to guide your mind, silent reflection and visualisation to enhance and develop your inner peace and strength.

Thursday 18 February, 17 March and 21 April 2016
7.00 - 8.00pm

Venue: Friends Meeting House, Room: The Library, 7 Upper Lattimore Road, St Albans, Herts, AL1 3UD

Location

East of England, Hertfordshire

<https://www.freeadsz.co.uk/x-249007-z>

Even seasoned meditators can slip into the habit of thinking of meditation as something to do at certain times of the day, rather than a state of being that can be constant. Establishing fixed times and places are helpful, especially in the beginning, but the real art of meditation is making it something natural and continuous. When we understand the true nature of mediation we can bring awareness into our eating, our relationships, our work, our walking, even our sleeping, thus making life a beautiful flow from the inside out. Registration required. Speaker: Simon Ralph - Simon spent many years travelling around the world looking for answers to the burning question, "who am I?" Now he feels that the true journey is an internal one, and he continues to use the tools of meditation and silence to deepen his spiritual understanding. Simon facilitates workshops and seminars both in the UK and Europe, as well as being an active member of the audio and technical team in Global Co-operation House,.



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