



Theory and Practice of Meditation

Led by: Laura Mead

Date: **Saturday November 21st, 2015**

Time: **9:30 to 12:30**

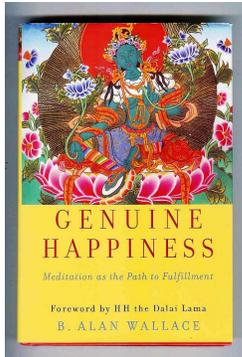
Address: **Dover, KS**

Registration: **\$60.00**

To Register or questions please email: lauramead108@gmail.com

Pre-registration is required

This class will introduce the students to two basic types of meditation from the book *Genuine Happiness*. While these practices are drawn from Tibetan Buddhism, they are presented and taught free from any particular belief or religious background. These are basic techniques that can be practiced by anyone of any background or belief system.



“In our search for happiness, we need not look far. True happiness is not found through the conquest of nature or the acquisition of wealth or fame- it is found within by realizing the potential of our hearts and minds”.

--B. Alan Wallace

Laura Mead is a nationally known teacher of meditation and energy work. As an energy practitioner and certified bodywork therapist, she has a private clinical practice in Kansas. She offers lectures and leads workshops both nationally and internationally. Laura is a student of Alan Wallace and he has given her permission to teach this material.

What is Meditation?

Meditation is a practice or technique used to cultivate or develop qualities of the mind and emotions. This development allows us to begin to choose our relationship to and our interactions with our thoughts and emotions.

All too often, we may find ourselves “at the mercy” of our thoughts, hopes, desires and fears. Meditation is a tool that can be used to learn choice or volition in how we respond to our habitual patterns of the mind as well as how we respond to the arising of our emotions.

One definition of meditation is “to cultivate”. As this term implies, meditation is a gradual and continual practice learning to train the mind. It is not, as is so often thought, a practice that you do which is either “right or wrong”.

This class will provide an introduction to two different types of meditation. While these practices are drawn from Tibetan Buddhism, they are presented and taught in a way free from any particular belief or religious background. These are basic techniques that can be practiced by anyone of any background or belief system.