

# Summer Meditation Class Series with Laura Mead

**Dates:** 3rd Saturday of each month

June 17th , July 15th and August 19th

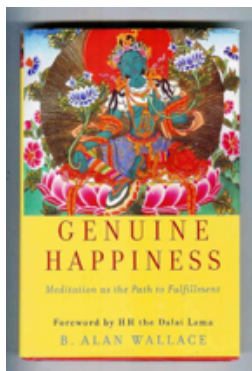
**Time:** Each Class will be 3 hours starting at 1:30 pm to 4:30 pm

**Location:** Unity Church of Topeka

**Cost:** registration for the series \$150.00 or \$60 per class\*

**To register, please contact Laura Mead:** [lauramead108@gmail.com](mailto:lauramead108@gmail.com)

**Pre-registration is required**



***“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***

This class was created to explore and experience the meditations and ideas contained in the book

***Genuine Happiness by B. Alan Wallace.***

This class will introduce students to the ideas, theories and practices of meditation. We will have time for discussion, meditation as well as question and answers in each session. This class is suited for those new to meditation as well as long time practitioners. 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 meditation techniques that can be practiced by anyone of any background or belief system.

**These practices include:**

**Meditative Quiescence:** Practices to cultivate relaxed, stable & vivid focus

**The Four Immeasurables:** Compassion, loving-kindness, empathic joy, and equanimity

**Insight/Investigation:** Practices to explore the nature of our mind and the world

**Discovery Practices:** to uncover wisdom and clarity already present

**Laura Mead** is a teacher of meditation and has presented lectures and led workshops around the country. She has been studying with Alan Wallace who has given her permission to teach this material.

**<https://www.lauramead.net>**

**B. Alan Wallace** is a scholar and practitioner of Buddhism since 1970. He has taught theory and meditation since 1976. He devoted 14 years to training as a monk and was ordained by the Dalai Lama. He also earned an undergraduate degree in physics and the philosophy of science at Amherst College and a doctorate in religious studies at Stanford. He is currently founder and director of the Santa Barbara Institute of Consciousness Studies.

**<http://www.alanwallace.org>**

**\*No one will be turned away for lack of ability to pay. If you wish to donate to a tuition fund or need to discuss payment options, please email Laura: [lauramead108@gmail.com](mailto:lauramead108@gmail.com)**