

Open Meditation

Thursdays, 6.30 - 7.00 pm

Trinity United Reformed Church, Buck Street, Camden Town, NW1 8NJ

www.openmeditationcamden.com



Why meditate?

Meditation helps us become more conscious; unfolding our inner Light, generating love, & wisdom; becoming more aware of the guiding presence in our lives; accelerating our journey home to our true self... our spirit.

Meditation is also a valuable tool - for finding a peaceful oasis of relaxation and stress relief in a demanding, fast-paced world.

"Practise meditation and gradually your mind will be calm" (Sarada Devi)

**"What is above is within, for everything in eternity is translucent"
(William Blake)**

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Trinity United Reformed Church provides a non denominational home to a wide range of church and community groups.

The Thursday meditation group has been established at Trinity for several years, different people have been involved at different times but the core has always been twenty minutes silence.

Newcomers are warmly welcomed. Each week a leader will open meditation with a few words of instruction and close it with a reading from sacred or secular sources and a brief space for questions. We come from different backgrounds, so we invite each individual in the group to take what is helpful to them from what is said and freely discard anything they do not find helpful. We believe the twenty minutes' silence together is what counts.

After meditation, there is the offer of tea, coffee and chat. One of the leaders will be happy to talk with you about your experience of meditation, if you should wish it.

Location



The church is on the corner of Buck Street and Kentish Town Road. If coming from Camden Town tube station, use the Kentish Town Road exit and then turn left.

Nearest Tube

Camden Town - Northern Line (2 mins walk)

Buses

Kentish Town Rd: 214,134,C11 Other Local: 24, 27, 29, 31, 88, 168, 253, 274

Contact: 020 7267 4796 / dot@dorothypaton.co.uk

Why not visit our website, leave a message our our guest book, view our meditation blog or send us some meditative photography to share with other site visitors. It's new and we'd love to know what you think of it!

And If you know someone else who might be interested, you could send them the link.

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How to Meditate

There are many ways to meditate and all practices of silent meditation are welcome within the group. If you already regularly follow a particular method, continue to do so. If you do not have a previous instruction we suggest that you try one of the techniques outlined below.

Where possible choose a quiet comfortable place. Sit down, still and upright. Close your eyes lightly. Sit relaxed but alert. Breathe calmly and regularly.

Using a Mantra or Word: After a short time silently, interiorly, begin to say a single word. We can recommend the Aramaic prayer-word **A-VOOM** or the Sanskrit **AUM (OM)**

Start to think the mantra as you would any other thought. As you say it, gently and continuously, do not think or imagine anything — spiritual or otherwise.

Focus on your breath: You do not need to use a mantra to meditate successfully, you can simply focus on your breath. If it helps you to focus you might like to count your breath. Count from one to seven and then simply start again and repeat.

Whatever technique you use, thoughts and images will come into your mind, almost certainly, but whatever they may be, let them pass. Do not resist thoughts, do not resist noise, do not resist anything, just take it as it comes. When you become aware of thoughts, do not judge them or yourself, just keep returning your attention to saying your mantra, or your breath, from the beginning to the end of the meditation.

At the end of twenty minutes take time to gently come out of your meditation, do not immediately snap back into full consciousness, if your eyes have been closed do not open them immediately, take your time to come back to full awareness of your surroundings and allow yourself a gentle stretch.

At home meditate each day, morning and evening for twenty minutes, for profound results.