

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for June 2018
Date: 25 May 2018 at 9:51am
To: Dhyana Centre info@dhyanacentre.org



Dear visitor/enquirer,

Please find below the events calendar for the coming month; the whole programme can best be seen in the online Google calendar by clicking [here](#). There is also a complete listing at the bottom of this email.

New or noteworthy.....

- ***Devotional satsang on Saturday 9th June @ 7pm***
- ***Part 1 course on Sunday 17th June @ 11am***

1. 'Joy of Meditation' courses and group (Sundays & Tuesdays)

The next workshop will be a Part 1 on **Sunday 17th June**, 11am - 4pm, open to anyone whether newcomer or returning student. Bookings can be made [here](#), or by replying to this email.

Returning students: all Joy of Meditation workshops are open to those who have attended in the past and would like a refresher; please email/speak to me if you are interested. I actively encourage students to attend more than once as there is a lot to take in, especially if it's all new to you.

Tuesday group: the drop-in practice session for beginners runs from 7pm - 8pm and 8pm - 9pm every Tuesday (ie. two sessions with a break at 8pm, attendees can come for either or both parts), open without booking to anyone who has attended at least Part 1 of an introductory course. The format of this group is two periods of silent meditation plus a discussion period/Open Forum in between, but it is aimed at less-experienced practitioners and the periods of meditation are about 20 minutes long. The DC's lending library is also available on Tuesdays.

2. OM Healing (weekly on Fridays, 8.10pm)

OM Healing will take place tonight, **Friday 25th May** and every Friday next month.

OM Healing sessions start at 8.10pm but are preceded by a 40 minute period of silent meditation starting at 7pm. Attendees are welcome to come for the meditation as well as the chant session but this is optional. If you want to come for the whole session including the meditation, please arrive in good time for a 7pm start. If you are running late or just want to come for the OM Healing, you need to arrive between 7.50pm - 8.10pm (not before or after).

A full briefing will be given for any newcomers before the OM Healing starts but punctuality is essential. There is no preparation required, no dress code (we sit on chairs not the floor) and nothing you need to bring with you. Please see [Light in London](#) if you are not familiar with the format, otherwise contact me by replying to this email.

3. Intermediate class (weekly on Saturdays, 7pm)

The intermediate class will take place tomorrow, **Saturday 26th May** and every Saturday in May with the exception of **9th June** when there will be a devotional service (see 4. below).

These sessions consist of two periods of silent meditation, both around 40 minutes, with feedback/discussion in between. Like the Tuesday group, there is a break at 8pm to allow participants either to come or go. This group is open without booking to all DC members and associates, plus those who have completed at least Part 1 of the 'Joy of Meditation' course.

4. Devotional service and buffet: Saturday 9th June

We shall be holding one of our occasional devotional services at 50 Gloucester Place on **Saturday 9th June** (7pm - 9pm).

These devotional sessions are intended as a bhakti yoga *pot pourri* and involve multi-faith prayers and chants, devotional singing (bhajans), *arati*, spiritual reading, meditation etc. Participants are invited to bring devotional items for a communal shrine, as also vegetarian food 'offerings' which will be consumed in a finger buffet after the service.

This event is open to all including guests and there is no need to book places.

The service sheet can be viewed [here](#) and will also be emailed to DC members and associates shortly before the event [may I take this opportunity to remind you that the complete 9 page prayer & bhajan guide used by the DC in its devotional services is permanently available as a [PDF download](#).]

5. Online article: Global Consciousness

You may be interested to read this article at <https://yourotherperspective.com/global-consciousness-the-mind-blowing-effects-of-mass-meditation/> (with thanks to Graeme for bringing it to my attention). Physical science occasionally "discovers" what spiritual science has known for millennia but such new understandings are important for development of the mass consciousness of humanity.

Kind regards,

Alan Perry

[PLEASE NOTE: This is an edited version of the programme that is sent monthly to all Dhyana Centre members and associates. You have been sent this email as you have either recently visited the Dhyana Centre or have enquired by email about future meditation and/or OM Healing sessions. Enquirers will ordinarily be sent these calendars for three or four months only, after which their email address will be deleted from the database unless otherwise requested. However, you can also unsubscribe by sending an email to unsubscribe@dhyanacentre.org Full information about Dhyana Centre activities can be found at the website www.dhyanacentre.org and the Centre's data privacy policy can be viewed [here](#)]

MONTHLY LISTING

Friday, 25 May	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 26 May	
7:00pm	Intermediate class
Monday, 28 May	
7:30pm	[No LG session]
Tuesday, 29 May	
7:00pm	Joy of Meditation class
Friday, 1 June	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 2 June	
7:00pm	Intermediate class
Monday, 4 June	
7:30pm	Lahiri Group
Tuesday, 5 June	
7:00pm	Joy of Meditation class
Friday, 8 June	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 9 June	
7:00pm	Devotional service
Monday, 11 June	
7:30pm	Lahiri Group
Tuesday, 12 June	
7:00pm	Joy of Meditation class
Friday, 15 June	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 16 June	
7:00pm	Intermediate class
Sunday, 17 June	
10:45am	Initial Course (Part 1)
Monday, 18 June	
7:30pm	Lahiri Group
Tuesday, 19 June	
7:00pm	Joy of Meditation class
Friday, 22 June	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 23 June	
7:00pm	Intermediate class
Monday, 25 June	
7:30pm	Lahiri Group

7:00pm Learn Group

Tuesday, 26 June

7:00pm Joy of Meditation class

Friday, 29 June

7:00pm Open meditation

8:10pm OM Healing

Saturday, 30 June

7:00pm Intermediate class
