

From: Dhyana Centre info@dhyanacentre.org
Subject: DC programme for February 2019
Date: 25 January 2019 at 9:53am
To: Dhyana Centre info@dhyanacentre.org



Dear visitors & enquirers,

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...

- **Multi-faith devotional service on Saturday 9th February @ 7pm**
- **Part 1 'Joy of Meditation' course on Sunday 17th February @ 11am**

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

The next Part 1 introductory course will be held on **Sunday 17th February** 11am - 4pm. Open to all whether newcomers or returning students but booking is required (either via the website at www.dhyanacentre.org/calendar or by replying to this email).

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 January** 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.

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

The intermediate class will take place tomorrow **Saturday 26th January** and every Saturday next month with the exception of **9th February** when there will be a devotional satsang, see item 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 February

We shall be holding one of our occasional multi-faith devotional services at 50 Gloucester Place on **Saturday 9th February** (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 [the complete 9 page prayer & bhajan guide used by the DC in its devotional services is permanently available as a [PDF download](#).]

5. Diploma in Theosophy

The Theosophical Society runs an annual online diploma course, teaching the basics of theosophy and the 'Ageless Wisdom'. The course starts in March and finishes with an online examination in November; it is open to all including non-TS members and non-UK residents (cost is £30 for TS members, £90 for non-members).

This course has proved extremely popular over the years and is recommended for anyone who wishes to undertake an informal but regulated period of spiritual study, leading to an established qualification. More details can be seen on the TS [website](#); please feel free to discuss with me if you are interested in applying.

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 Centre and/or enquired about

meditation 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 January	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 26 January	
7:00pm	Intermediate class
Monday, 28 January	
7:30pm	Lahiri Group
Tuesday, 29 January	
7:00pm	Joy of Meditation class
Friday, 1 February	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 2 February	
7:00pm	Intermediate class
Monday, 4 February	
7:30pm	Lahiri Group
Tuesday, 5 February	
7:00pm	Joy of Meditation class
Friday, 8 February	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 9 February	
7:00pm	Devotional service
7:00pm	Intermediate class
Monday, 11 February	
7:30pm	Lahiri Group
Tuesday, 12 February	
7:00pm	Joy of Meditation class
Friday, 15 February	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 16 February	
7:00pm	Intermediate class
Sunday, 17 February	
10:45am	Initial Course (Part 1)
Monday, 18 February	
7:30pm	Lahiri Group
Tuesday, 19 February	
7:00pm	Joy of Meditation class
Friday, 22 February	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 23 February	
7:00pm	Intermediate class
Monday, 25 February	
7:30pm	Lahiri Group
Tuesday, 26 February	
7:00pm	Joy of Meditation class