

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for February
Date: 25 January 2023 at 11:26 am
To: Dhyana Centre info@dhyanacentre.org



Dear friends,

Please find below the events programme for February. The whole schedule can best be seen online in the Centre's [activities calendar](#) and there is also a complete listing at the bottom of this email.

New or noteworthy...

- ***Introductory course 1/23 now in progress, second module this Sunday 29th January***
- ***Meditation class at the TS: Tuesday 7th February 7pm - 9pm***
- ***OM Healing & Meditation: 7pm on Tuesday 21st February at the TS***
- ***Next beginners' course commences Sunday 26th February***

1. Meditation courses

Dhyana Yoga course 1/23 is now in progress with module two next **Sunday 29th January @ 10.30am**. This course is still open to any returning students who wish to attend for a refresher, in which case please email me.

The next whole course for newcomers will commence on **Sunday 26th February** and is now open for [booking](#).

2. OM Healing & meditation sessions at the TS

OM Healing at 50 Gloucester Place is continuing monthly on Tuesdays @ 7pm, followed by an optional period of 30 minutes silent meditation. The next session planned is **Tuesday 21st February** see www.dhyanacentre.org/omhealing for details. These sessions are open to all without booking. **OM Healing first timers:** must attend the briefing that is given at the beginning of the session and punctuality is essential – there is no late admittance.

Additional in-person meditations: experimental sessions are taking place on Tuesdays from January to March (next sessions will be **7th February & 7th March**), all 7pm – 9pm. These classes consist of two periods of silent meditation: starting at 7pm, a 30 minute period for beginners followed by feedback and discussion; then after the break at 8pm, a 45 minute meditation for intermediates. Both periods are open without booking to all Centre members and existing students (ie. not for newcomers). It is possible either to leave or arrive during the halfway break at 8pm.

3. Online practice sessions via Zoom (Tuesday and Friday @ 7pm, Sundays @ 10am)

Online sessions are taking place every Tuesday and Friday evening and every Sunday morning (unless there is a course or other session at 50 Gloucester Place). There is an up to date schedule on the [calendar webpage](#) or the details can be seen on the Centre's [activities calendar](#).

All these sessions are open to DC members, associates and current students, no booking is required, just use the link: <https://us02web.zoom.us/j/5264467923> (there is no passcode but the waiting room will apply).

Sessions normally last 1 hour or slightly longer. The Open Forum consists of a yogic reading (currently from "Conscious Immortality") with discussion/Q & A and one 20 minute meditation, while all other sessions are focused solely on silent meditation and consist of either two 20 minute periods of practice or one 45 minute meditation.

PLEASE NOTE the following...

a) if you miss the start time for a Zoom session, it is perfectly OK to join later, you will not disturb anybody, but just be aware that you will be joining in the middle of a silent meditation so stay muted and settle in as quickly as you can.

b) due to the fact that details of these sessions are published on the internet, I have had several attempted gate-crashers but they don't get into the actual meditation because I do not let them get further than the Zoom waiting room. If I don't know who the person seeking admittance is, I will not let them access the session. But there's a downside to this: it's up to you to ensure that your Zoom profile displays a name that I recognise when you sign on. If that is not possible for any reason, you need to email me and tell me in advance otherwise you too will get stuck in the waiting room...

c) finally, can I emphasise that these sessions are all classes ie. teaching sessions not simply group meditations, and are intended to complement the teaching that I provide in-person on the introductory courses. As such, it is my normal didactic practice to select certain individuals afterwards to ask about their meditation and then use this interaction to bring out teaching points for the benefit of all those present. This is not an attempt to pry where it is not wanted: if you would rather not discuss anything, you should just say "Pass" and I will pass you by, in the same way that I do with in-person sessions at the TS. Alternatively, keep your video off and I will ignore you on the assumption that you just wish to listen but not participate.

4. TS Diploma course

Each year between March and November, the TS runs an online study course to teach the basic theosophical principles, see [here](#). This Diploma course has proved very popular over the years and is offered to the public not just to TS members. If you are interested in a systematic course of spiritual study leading to the award of a Diploma, this may interest you.

One word of caution: the course is heavily subsidised for TS members so it makes financial common sense to join the Society first. If you are a Dhyana Centre student and wish to join the TS, you can do so through the DC, please see the details [here](#) and email/speak to me.

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, 27 January

7:00pm [Extended practice on Zoom](#)

Sunday, 29 January

10:30am [Dhyana Yoga course 1/23](#)

Tuesday, 31 January

7:00pm [Dhyana on Zoom](#)

Friday, 3 February

7:00pm [Open forum on Zoom](#)

Sunday, 5 February

10:00am [Extended practice on Zoom](#)

Tuesday, 7 February

7:00pm [Meditation @ TS](#)

Friday, 10 February

7:00pm [Extended practice on Zoom](#)

Sunday, 12 February

10:30am [Dhyana Yoga course 1/23](#)

Tuesday, 14 February

7:00pm [Dhyana on Zoom](#)

Friday, 17 February

7:00pm [Open forum on Zoom](#)

Sunday, 19 February

10:00am [Extended practice on Zoom](#)

Tuesday, 21 February

7:00pm [OM Healing & meditation \(TS\)](#)

Friday, 24 February

7:00pm [Extended practice on Zoom](#)

Sunday, 26 February

10:30am [Dhyana Yoga course 2/23](#)

Tuesday, 28 February

7:00pm [Dhyana on Zoom](#)