

**From:** Alan Perry alan@dhyanacentre.org  
**Subject:** Dhyana Centre programme for June  
**Date:** 27 May 2023 at 8:56 am  
**To:** Dhyana Centre info@dhyanacentre.org



Dear friends,

Please find below the events programme for the coming month. 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 2/23 is now in progress***
- ***Next meditation at the TS: Tuesday 6th June***
- ***OM Healing: Tuesday 20th June***
- ***Swami Atmachaithanya visit***

1. Meditation courses

Dhyana Yoga course 2/23 is now in progress at 50 Gloucester Place; the remaining modules will take place on **Sundays 4th & 18th June**, see [here](#) for more details. Although now closed to newcomers, this course is still open to returning students who wish to attend selected modules for a refresher, in which case please email me.

No dates have yet been fixed for the next course, which is not likely to be until autumn (October/November).

2. OM Healing & meditation sessions at the TS

**OM Healing** at 50 Gloucester Place is continuing in the latter part of each month on Tuesdays @ 7pm, followed by an optional period of 30 minutes silent meditation. The next sessions planned are **20th June** and **18th July**, see [www.dhyanacentre.org/omhealing](http://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:** are taking place at 50 Gloucester Place on Tuesdays (next sessions will be **6th June** and **4th July**), 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. Swami Atmachaitanya visit

Quite a few of you are already familiar with this south Indian spiritual master and healer who visits the UK on an annual basis. He will be visiting London again in late May & June and will be based in Honor Oak, south-east London. Details of the itinerary have now been published on his website, see <https://mailchi.mp/bfbcc065564/uk-tour> if you are interested.

Kind regards,

Alan Perry

#### *MONTHLY LISTING*

<b>Friday, 26 May</b>
7:00pm <a href="#">Open forum on Zoom</a>
<b>Sunday, 28 May</b>
10:00am <a href="#">Extended practice on Zoom</a>
<b>Tuesday, 30 May</b>
7:00pm <a href="#">Dhyana on Zoom</a>
<b>Friday, 2 June</b>
7:00pm <a href="#">Extended practice on Zoom</a>
<b>Sunday, 4 June</b>
10:30am <a href="#">Dhyana Yoga course 2/23</a>
<b>Tuesday, 6 June</b>
7:00pm <a href="#">Meditation @ TS</a>
<b>Friday, 9 June</b>
7:00pm <a href="#">Open forum on Zoom</a>
<b>Sunday, 11 June</b>
10:00am <a href="#">Extended practice on Zoom</a>
<b>Tuesday, 13 June</b>
7:00pm <a href="#">Dhyana on Zoom</a>
<b>Friday, 16 June</b>
7:00pm <a href="#">Extended practice on Zoom</a>
<b>Sunday, 18 June</b>
10:30am <a href="#">Dhyana Yoga course 2/23</a>
<b>Tuesday, 20 June</b>
7:00pm <a href="#">OM Healing &amp; meditation (TS)</a>
<b>Friday, 23 June</b>
7:00pm <a href="#">Open forum on Zoom</a>
<b>Sunday, 25 June</b>
10:00am <a href="#">Extended practice on Zoom</a>
<b>Tuesday, 27 June</b>
7:00pm <a href="#">Dhyana on Zoom</a>
<b>Friday, 30 June</b>
7:00pm <a href="#">Extended practice on Zoom</a>