

YEARLONG HEALING MEDITATIONS SERIES

Body, Heart, Mind, Life

**DATES 2022 – 2ND & 4TH MONDAYS MONTHLY
BEGINNING JANUARY 10TH**

TIME 7:00-8:00 AM CENTRAL TIME (USA)

ONLINE VIA ZOOM

Meditation heals the spirit. Meditation is a profoundly healing practice for body, heart, mind, and life. Buddhist tradition offers a variety of meditation practices that heal us on multiple levels. This series will introduce practices that work with breathing and the body that breathes; heart-oriented practices such as enjoying gratitude, kindness, and compassion; grounding and stabilizing practices; and practices that open to nature and vast webs of support. These practices strengthen inner capacities for quieting, reflecting, focusing, and visualizing. The nourish and sustain body and mind. (See the end of this pdf for a list of practices.)

Format: Two Monday mornings a month Santikaro will lead a guided meditation of 30-40 minutes followed by a debrief and Q/A. The recording will be available later that morning (if you woke up late).

Registration: Fill out [this on-line form](#) and send [\\$100 registration fee following the information here](#). This fee is to encourage commitment to full participation. Nobody will be refused because of inability to pay this fee. Please email us [if you cannot afford the fee](#) so that we can make other arrangements.

A week before the course begins, you'll receive an email giving access to the **course's Google Doc**, which will be the on-line hub for information concerning this course, including the Zoom link, schedule, and links to recordings.

Recordings: If you must miss a meeting, please listen to the recordings that will be posted on the course's Google Doc.

Resources: Santikaro will share articles, links, and recordings through the course’s Google Doc.

Reciprocal support: The Buddha’s teachings, sanghas of training and practice, places of practice, and practice resources involve the hard work of many people, technical skills, financial generosity, and an overall spirit of reciprocal service. As a participant in this course, in addition to the registration payment, we ask you to support our work in ways suitable to your means and abilities. The kindness of others has made this course possible; your help insures that such activities continue. Please [visit our dāna page on a regular basis](#).

Occasional retreats: If a retreat coincides with one of our meetings, Santikaro will reschedule an alternative date for that meeting. For example, a retreat focusing on the Citta tetrad of ānāpānasati will run January 22-29, so we will meet the following Monday January 31st. And you also are welcome to join the retreat.

Any questions? Please [email Santikaro](#).

Themes the Guided meditations will explore:

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| Deep, relaxed breathing | Resting in matrix of support |
| Gentle, natural breathing | Grounding in earth, touching sky |
| Whole body breathing | Kindness in skin & fascia |
| Happy kidneys, liver & spleen | Breathing with pleasure |
| Natural elements | Recollecting change & transition |
| Grieving within Compassion | Breathing with well-being |
| Balance & Equanimity | Reflections on death & life |
| Space element all around | Emptiness of “me” and “mine” |
| Opening to Wholeness | Breathing as renunciation |