

6 MONTHS

HEALING MEDITATIONS SERIES

Body, Heart, Mind, Life

DATES 2023 – 2ND & 4TH MONDAYS MONTHLY¹
BEGINNING JANUARY 9TH

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

RESTARTING FROM THE 2022 SERIES

ONLINE VIA ZOOM

Meditation heals the spirit. Meditation also 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 and Santikaro adapts various healing practices into meditations. This series will introduce practices that work with breathing and the body that breathes; heart-oriented practices such as enjoying gratitude and compassion; grounding and stabilizing practices; energy enhancing practices; and practices that open to nature and vast webs of support. These practices strengthen inner capacities for quieting, reflecting, focusing, and visualizing. They nourish and sustain body and mind.

New & Old Members: This course is open to new members, along with the many current participants who want to continue. We will repeat some practices, though seldom exactly as before. There will be new practices as well. (See the end of this pdf for a list of practices.) **Everyone, old and new, is asked to register** for the next 6 months.

Format: Two Monday mornings a month – 7:00-8:00 am – Santikaro will lead a guided meditation of 30-45 minutes followed by a short debrief and Q/A. The recording will be available later that morning (if you woke up late or were travelling).

¹ Occasionally, a date will move to accommodate a retreat Santikaro is leading.

Registration: Fill out [this on-line form](#) (specifying “Healing Meditations 2023”) and send [\\$100 registration fee following the information here](#). This fee is to encourage commitment to full participation throughout January-June 2023. 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.

Course Home Page: After registration, you’ll receive an email giving access to the **Home Page** (a Google Doc), which will be the on-line hub for information concerning this course, including the Zoom link, schedule, and links to recordings. You’ll also have access to the 2022 Home Page (Google Doc) with access to all the 2022 recordings.

Recordings: If you must miss a meeting, please listen to the recordings that will be shared through the course’s Home Page. All recordings will be available throughout the year. For the first month, recordings are the Zoom original with video. After that, recordings are MP3 (audio only) stored on a Google Drive).

Resources: Occasionally, Santikaro will share articles, links, and recordings through the course’s Home Page.

Reciprocal support: The Buddha’s teachings, sanghas, centers, and resources for practice involve and require 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 Kevala Retreat’s dāna page on a regular basis](#).

Occasional retreats: If a retreat coincides with one of our meetings, Santikaro will reschedule an alternative date. For example, I’ll be in Brazil on February 27th.

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

Themes the Guided meditations will explore:

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	Breathing with well-being

Grieving within Compassion	Radical acceptance with pain
Flowing water element	Balance & Equanimity
Reflections on death & life	Recollecting change & transition
Space element all around	Emptiness of “me” and “mine”
Opening to Wholeness	Breathing as renunciation