

TAKE A BREATH Meditation Class

Facilitator: Rev. Joanne Blum

Primary Texts:

Robert Brumet, "The Practice of Insight Meditation"

Roy Eugene Davis, "Meditation Practice for Personal Benefit and Spiritual Growth"

Sogyal Rinpoche, "Essential Advice on Meditation Practice."

All three short readings are accessible on the Meditation Resources list. If you could read them prior to the first class, that would be ideal. Additional texts are listed on the Meditation Resources page for those wanting to dig deeper.

Class #1: Feb. 17, 2022

The Posture, Perspective, and Practice of Meditation
Focus on the breath, or using a focusing word/phrase
Awareness, Bare Attention, and Acceptance
Commitment to Practice

Class #2: Feb. 24, 2022

Questions relating to Awareness
Managing the flow of thoughts
Walking Meditation
Acceptance—and release—of all mental-emotional states
Non-resistance and non-attachment, whether good or bad
Humor and expansiveness

Class #3: March 3, 2022

Dealing with painful mental states
Distinction between Pain and Suffering
Compassionate attention
Taking our Practice into Everyday Life
Keeping "beginner's mind"