

Meditation, Mindfulness, and a Little Sense of Madness

June 10-12, 2022

Virtual

The cultivation of mindfulness has roots in Buddhism, but most religions include some type of prayer or meditation technique that helps shift your thoughts away from your usual preoccupations toward an appreciation of the moment and a larger perspective on life. Rituals and liturgies are often used to sway the mind into silence and the person into a sense of the sacred.

Ellen Langer, a Harvard professor defined mindfulness as "the simple act of noticing new things." More specifically, mindfulness is a type of meditation that focuses on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress .

Mindfulness and Well-being. Meditation can help you experience thoughts and emotions with greater balance and acceptance. It has been shown to improve attention.

A common goal or surprise for those in meditation is the stillpoint, The still point is familiar to most when lying in bed after a deep sleep and the body is snugly warm and the mind is empty. Conscious awareness fills the body with a quiet knowing of this sensory experience. Safety permeates every cell. There is "no" time only the moment, here and now.

Moreover, meditation provides a technique to return to the still point within ourselves and a



BURNT NORTON

*At the still point of the turning
world.*

*Neither flesh nor fleshless,
Neither from nor towards,
at the still point, there the dance is,
But neither arrest nor movement.*

*And do not call it fixity,
Where past and future are
gathered.*

*Neither movement from nor
towards,*

Neither ascent nor decline.

*Except for the point, the still point,
There would be no dance,
and there is only the dance.*

*I can only say, there we have been:
but I cannot say where.*

*And I cannot say, how long,
for that is to place it in time.*

*(No. 1 of 'Four Quartets') by T.S.
Eliot*

reunion with our own presence.

What to Expect

There will be basic teaching, various forms of meditation and mindfulness practices. There will be open spaces for reflections and guiding exercises individually and in small groups.

Who Should Come?

The workshop is designed for people from all walks of life. **For those interested in the Healing Den programs, this is a basic introduction to mindfulness and mediation which leads to greater presence.. It is focused towards expanding your conscious awareness.**

What to Bring

This is at your home virtual workshop, so make yourself comfy. We will meditate, so, have any rocks or crystals that support your meditations. A journal notebook is encouraged.

Registration

To register or for further information, kindly email Lisa Roll Kayser, to reserve a space in the circle. kayseroll23@gmail.com Class size is limited to 21.

Payment

The fee for the workshop is \$395. **If paid before May 21st, the fee is \$345.** Send Payment in Full by sending a check to Herb Stevenson 9796 Cedar Road Novelty, Ohio 44072 or by using either my PayPal account herb@clevelandconsultinggroup.com or Zelle using 440 241 6908

Details

The workshop will be done in four segments of 3, maybe 4 hours. With frequent breaks as you remind me of the need. The tentative schedule is as follows.

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| Friday | 12-4 PM EST 11-3 CST |
| Saturday | 10-1 am and 2-5ish PM EST 9-12 and 1-4ish PM CST |
| Sunday | 10-2 EST 9-1 CST |

Presenter: Herb "One White Horse Standing" Stevenson
<http://www.onewhitehorsestanding.com>



