

Meditation For Beginners Workshop

“Everything that you have ever wanted is within you.” – *Larry Rosenberg*

Meditation for Beginners

Purpose

To learn about the different types of meditation and to develop a practice that works for you.

Prerequisites

Openness & willingness

Expectations

This will be a five-week meditation workshop where one can learn the practice of meditation. We will learn about and practice different meditation techniques. Special guests will share about their practice and how they came to meditation. We will have time to share and ask questions. Be gentle with yourself and allow peace, serenity, and awareness to entire your life.

Setting

ZOOM

Helpful Resources

Suggested Readings:

Jon Kabat-Zin – *Full Catastrophe*

Ajahn Cha - *A Still Forest*

Larry Rosenberg – *Breath by Breath, The Liberating Practice of Insight*

Jack Kornfield – *Guided Meditation, Six Essential Practices to Cultivate Love, Awareness and Wisdom*

Thich Nhat Hanh – *Miracle of Mindfulness*

Joseph Goldstein – *Insight Meditation*

Tara Brach

Sharon Salzberg

Rabbi Jacobson

On Line Resources:

YouTube

Websites:

Dharmaseed.org

Spirit Rock Meditation Center

Insight Meditation Center

Cambridge Insight Meditation Center

Mindfulness Center at Brown University

Cushion, mats, bells and other supplies: Sun and Moon Originals: 800-775-8639

www.sunandmoonoriginals.com Dharma Crafts: 800-794-9862

www.dharmacrafts.com Hugger Mugger: 800-473-4888 www.huggermugger.com

Bell timer: Insight Timer or Mindful or (app for iPhone or Android)

Studies on the benefits of meditation

Killingsworth & Gilbert (2010) mind wonders 46.9% of the time

Hedy Kober

Brewer et al – Meditation practice can curb mind wandering

Holzel et al (2011) – Gray matter increases

Mrazek et al 2013 – improves performance on tests

Hutcherson – et al 2008 loving kindness meditation (LKM)

Increase social closeness

Meditation Meeting Outline

“What we **need is a cup** of understanding, a barrel of love, and an **ocean of patience.**” Saint Francis de Sales

Week I Tuesday March 2nd

- Introduction Why do we meditate?
- Physical, mental, spiritual health
- Types of meditation

Week II Tuesday March 9th

- Body Meditation
- Working with distractions
- Thoughts and feelings

Week III Tuesday March 16th

- Lovingkindness

Week IV Tuesday March 23rd

- Forgiveness

Week V Tuesday March 30th

- Developing a practice that works for you

Glossary of common terms

Abundance – The state or condition of having copious quantity of something, plentifulness

Buddha – Founder of Buddhism. “Awakened one.”

Conditioning - The process of training or accustoming a person to behave a certain way.

Counter mirroring – Technique used to help deal with a negative feeling. Replace a thought with something pleasant

Desire – strong feeling of wanting

Dharma – The truth, the way things are. Example, when one gets angry, usually fear is the underlying reason.

Discernment - Wise judgement

Equanimity – Calmness and composure, especially in a difficult situation.

This non-reactive spaciousness does not imply non-discernment.

Open clear, bright in its non-reactivity it allows us to see clearly. Impartially. It’s the basis for discernment & skillful responsiveness.

Frontal Lobal Cortex – logic & analytical part of the brain

Karma – Cause & effect. What happens is a directly a result of our action

Limbic Brain – Alarm brain

Meditation - the practice of quieting the mind to gain insight

Metta – Meditation which focuses on lovingkindness for oneself and others

Mindfulness – Paying attention on purpose, in the present moment, non-judgmentally – Jon Kabat-Zinn

RAIN – A mindful technique of discernment to help to clearly see something. Recognition, Acceptance, Investigation, Non-Identification

Sanskrit – Ancient Indian Language

Facilitator Bio

Dave Schofield

Dave has been practicing meditation & studying Buddhism since 2008. He has studied with Jack Kornfield, Larry Rosenberg and Kotatsu John Bailes. He's attended mindfulness & insight based workshops, retreats and classes. He's been teaching and offering workshops on meditation, mindfulness, forgiveness and abundance since 2013. He practices meditation with a sangha at Cambridge Insight Meditation Center and in Wellesley under the direction of Zen Priest Kotatsu John Bailes. When he's not facilitating a workshop, he is busy helping businesses manage their risk. He enjoys time with his family, playing music and walks in the woods with his fifteen-year old lab Sadie and practicing Kundalini Yoga at the Ashram in Millis.