

meditation event near me

meditation event near me is a popular search phrase among individuals seeking local opportunities to engage in mindfulness and relaxation practices. Attending a meditation event can provide numerous benefits, including stress reduction, improved focus, and enhanced emotional well-being. This article explores how to find meditation events in your area, the different types of meditation practices commonly offered, and tips for choosing the right event based on your personal goals. Additionally, it covers what to expect during these gatherings and the overall benefits of participating in group meditation sessions. Whether you are a beginner or an experienced practitioner, understanding the landscape of meditation events near you can help you deepen your practice and connect with like-minded individuals. The following sections provide a comprehensive overview of meditation events and practical guidance for locating and attending them.

- How to Find a Meditation Event Near Me
- Types of Meditation Events Available
- Benefits of Attending Meditation Events
- What to Expect at a Meditation Event
- Tips for Choosing the Right Meditation Event

How to Find a Meditation Event Near Me

Locating a meditation event near me involves several strategies that leverage both online and offline resources. Many communities host meditation workshops, retreats, and group sessions that cater to various meditation styles and experience levels. Utilizing search engines with phrases like “meditation event near me” combined with your city or neighborhood can yield a list of upcoming gatherings. Additionally, community centers, yoga studios, wellness centers, and spiritual organizations frequently organize meditation events and often advertise them through bulletin boards or newsletters.

Online Resources and Platforms

Several websites and mobile applications specialize in listing local wellness events, including meditation sessions. Platforms such as Meetup, Eventbrite, and local Facebook groups provide up-to-date information on meditation events, enabling users to filter by location, date, and type of meditation. These platforms often include reviews and ratings, helping prospective

attendees gauge the quality and suitability of the event.

Local Wellness Centers and Studios

Yoga studios, holistic health centers, and spiritual organizations are common hosts for meditation events. These venues typically offer a variety of meditation styles, from guided mindfulness sessions to silent retreats. Visiting or contacting these centers directly can provide detailed information on schedules, instructors, and fees.

Community Boards and Libraries

Public community boards, libraries, and even coffee shops sometimes post flyers and notices about upcoming meditation events. These events may be free or donation-based and are often more accessible for beginners or those seeking a local, informal setting.

Types of Meditation Events Available

Meditation events near me can vary widely in format, duration, and meditation style. Understanding the types of events available helps in selecting one that best matches individual preferences and goals.

Guided Group Meditation Sessions

These sessions typically involve an instructor leading participants through a structured meditation practice. Guided meditations are ideal for beginners as they provide clear instructions and support throughout the session. Topics may include breath awareness, body scans, loving-kindness meditation, or stress relief techniques.

Silent Meditation Retreats

Silent retreats offer extended periods of meditation in a quiet environment, often spanning several hours to multiple days. These events are suited for intermediate to advanced practitioners seeking deeper immersion. Retreats may include teachings on meditation philosophy, mindful walking, and periods of silence to enhance concentration.

Themed Meditation Workshops

Themed workshops focus on specific aspects of meditation practice or related topics, such as mindfulness for anxiety, meditation for sleep improvement, or

chakra balancing. These events often blend meditation with educational components, group discussions, and practical exercises.

Outdoor and Nature Meditation Events

Some meditation events take place in natural settings like parks, beaches, or gardens to combine the benefits of nature with mindfulness practice. These gatherings may include walking meditations, breathing exercises, and time for reflection amidst a calming environment.

Benefits of Attending Meditation Events

Participating in meditation events near me offers a range of mental, emotional, and physical benefits that extend beyond individual practice. The group dynamic and dedicated environment contribute to an enhanced meditation experience.

Improved Focus and Mindfulness

Regular attendance at meditation events helps cultivate sharper focus and greater mindfulness in daily life. The structured setting encourages consistent practice, which can improve attention span and reduce mind-wandering.

Stress Reduction and Emotional Regulation

Meditation is well-known for its ability to lower stress hormones and promote relaxation. Group meditation amplifies these effects by providing social support and a sense of community, which can further aid emotional balance and resilience.

Connection and Community

Attending local meditation events creates opportunities to meet others interested in mindfulness and wellness. This sense of belonging can motivate continued practice and foster meaningful relationships with like-minded individuals.

Access to Expert Guidance

Meditation events often feature experienced instructors who offer personalized guidance, answer questions, and introduce advanced techniques. This expert support enhances learning and helps practitioners overcome

challenges.

What to Expect at a Meditation Event

Knowing what to expect at a meditation event near me can help attendees feel more comfortable and prepared for their experience. While formats vary, certain elements are common across most events.

Arrival and Registration

Most events require advance registration, either online or in person. Upon arrival, participants typically check in, receive any necessary materials such as cushions or instruction sheets, and settle into the meditation space.

Introduction and Grounding

Events usually begin with a brief introduction by the instructor, outlining the session's focus and guidelines. This may be followed by grounding exercises to help participants transition from daily activities to a meditative state.

Meditation Practice

The core of the event involves guided or silent meditation, lasting anywhere from 20 minutes to several hours depending on the event type. Participants are encouraged to maintain a comfortable posture and focus on the meditation object or technique.

Closing and Reflection

At the conclusion, instructors often lead a closing exercise or invite participants to share reflections. This time allows for questions, feedback, and integration of the meditation experience.

Tips for Choosing the Right Meditation Event

Selecting an appropriate meditation event near me involves considering personal goals, experience level, and logistical factors. Making informed choices ensures a positive and beneficial experience.

1. **Identify Your Meditation Goals:** Determine whether you seek relaxation, spiritual growth, stress relief, or social connection to guide your

event selection.

2. **Evaluate Experience Level:** Beginners may prefer guided sessions or introductory workshops, while experienced meditators might opt for silent retreats or advanced techniques.
3. **Check Event Details:** Review the event's duration, location, cost, and instructor qualifications to ensure they align with your preferences and availability.
4. **Read Reviews and Testimonials:** Feedback from past attendees can provide valuable insights into the quality and atmosphere of the event.
5. **Consider Group Size and Setting:** Smaller groups often offer more personalized attention, while larger events may provide a stronger sense of community.
6. **Prepare Practically:** Wear comfortable clothing, bring any recommended items, and arrive early to acclimate to the environment.

Frequently Asked Questions

How can I find a meditation event near me?

You can find meditation events near you by searching online on platforms like Meetup, Eventbrite, or Facebook Events. Additionally, local wellness centers, yoga studios, and community centers often host meditation sessions.

Are meditation events near me suitable for beginners?

Most meditation events are designed to accommodate all levels, including beginners. It's best to check the event description or contact the organizer to confirm if the session is beginner-friendly.

What types of meditation events might be available near me?

Meditation events near you may include guided meditations, mindfulness workshops, sound healing sessions, group meditations, silent retreats, and yoga-meditation combined classes.

Do I need to register in advance for meditation

events near me?

Many meditation events require prior registration to reserve a spot, especially if space is limited. Check the event details online or contact the organizer to find out if advance registration is necessary.

Are meditation events near me usually free or paid?

Meditation events can be both free and paid. Community centers and nonprofits often offer free sessions, while specialized workshops or retreats may charge a fee.

What should I bring to a meditation event near me?

Typically, you should bring comfortable clothing, a yoga mat or cushion, water, and an open mind. Some events may provide mats and cushions, so check the event details beforehand.

Can meditation events near me help reduce stress and anxiety?

Yes, participating in meditation events can help reduce stress and anxiety by promoting relaxation, mindfulness, and emotional balance through guided practices.

Are there any virtual meditation events if I can't find one nearby?

Yes, many organizers offer virtual meditation events and classes via Zoom or other platforms, making it easy to participate from home if there are no local options available.

How long do meditation events near me usually last?

Meditation events typically last anywhere from 30 minutes to 2 hours, depending on the type of session and the organizer's schedule.

Can I attend meditation events near me if I have physical limitations?

Most meditation events are accessible to people with physical limitations, as meditation primarily involves sitting or lying down. However, it's a good idea to inform the organizer of any specific needs beforehand.

Additional Resources

1. *Mindfulness for Beginners: Cultivating Calm in a Busy World*

This book introduces readers to the basics of mindfulness meditation, offering simple techniques to reduce stress and increase awareness. It is ideal for those attending meditation events who want to deepen their practice. The author provides practical exercises that can be easily incorporated into daily life, making mindfulness accessible to everyone.

2. *The Art of Meditation: A Guide to Inner Peace*

Focused on guiding readers through different meditation styles, this book explores methods to achieve mental clarity and emotional balance. It emphasizes the importance of regular practice and offers insights that complement meditation workshops and events. The author also discusses the science behind meditation's benefits.

3. *Finding Stillness: Meditation Practices for a Modern Life*

This book addresses the challenges of maintaining meditation in a hectic lifestyle. It provides step-by-step instructions for quick meditation sessions that fit into busy schedules. Readers attending local meditation events will find this guide helpful for continuing their practice at home.

4. *Journey Within: Exploring the Depths of Meditation*

A deeper dive into advanced meditation techniques, this book is perfect for those who have some experience with meditation events. It explores themes of self-discovery, spiritual growth, and mindfulness beyond the basics. The author shares stories and exercises to help readers connect with their inner selves.

5. *Calm in the Chaos: Meditation for Stress Relief*

Designed for people seeking relief from anxiety and stress, this book outlines meditation methods specifically aimed at calming the mind. It complements meditation events that focus on mental health and well-being. Practical tips and guided meditations help readers create their personal stress-relief routine.

6. *Everyday Meditation: Simple Practices for Lasting Peace*

This book encourages readers to integrate meditation into their everyday lives through easy and effective practices. Suitable for beginners and experienced meditators alike, it enhances the experience of attending meditation events by reinforcing daily commitment. The author highlights how small moments of mindfulness can transform one's day.

7. *The Meditation Event Planner's Handbook*

A resource for organizers and participants of meditation events, this handbook covers best practices for creating meaningful and effective gatherings. It includes tips on setting up the space, guiding sessions, and engaging attendees. Readers involved in local meditation events will find valuable advice to enhance their experience.

8. *Breath and Being: The Power of Meditation*

Exploring the connection between breathwork and meditation, this book provides techniques to deepen mindfulness and relaxation. It is particularly useful for those attending breathing-focused meditation events. The author explains the physiological effects of breath control and offers exercises to improve mental clarity.

9. *Silent Mind, Open Heart: Embracing Meditation in Community*

This book highlights the importance of practicing meditation in group settings and how community can enhance spiritual growth. It shares stories from various meditation events and offers guidance on participating in or leading group meditations. Readers looking to engage more deeply with local meditation gatherings will find inspiration here.

Meditation Event Near Me

Find other PDF articles:

<https://staging.massdevelopment.com/archive-library-602/pdf?docid=ZHK13-1330&title=poop-on-carnivore-diet.pdf>

meditation event near me: *Modern Meditations* ,

meditation event near me: Descartes' 'Meditations' Richard Francks, 2008-07-23 There are student-friendly introductions to Descartes' *Meditations*, but I know of none that match the student-friendliness of Richard Francks' *Reader's Guide*. It will make the masterpiece of the father of modern philosophy available to the widest audience yet. - Professor Tom Sorrel, University of Birmingham, UK In *Descartes' Meditations: A Reader's Guide*, Richard Francks offers a clear and thorough account of this key philosophical work. The book offers a detailed review of the key themes and a lucid commentary that will enable readers to rapidly navigate the text. Geared towards the specific requirements of students who need to reach a sound understanding of the text as a whole, the guide explores the complex and important ideas inherent in the text and provides a cogent survey of the reception and influence of Descartes' seminal work.

meditation event near me: Near Death Experiences , 2025-08-15 "390 Near-Death Experiences: A Documented Collection" is a unique compilation of authentic accounts of people from around the world who have gone through near-death experiences. Spanning over 400 pages and featuring 390 documented cases, this book offers readers an extraordinary glimpse into what many describe as the threshold between life and death. Each experience has been carefully collected, organized, and edited to provide clarity and depth, while maintaining the authenticity of the original testimonies. This work is not intended to promote any single interpretation or belief. Instead, it serves as a resource for researchers, spiritual seekers, and curious readers who wish to explore the common themes and diverse perspectives surrounding the mystery of near-death experiences. Whether you are looking for inspiration, scientific curiosity, or spiritual reflection, this book presents an invaluable window into one of humanity's most profound mysteries.

meditation event near me: Golden Pebbles Tritia Hamilton, 2011-03-03 With her drum and the *Songs of Intention and Celebration* author Tritia Hamilton has been keeping an appointment with the sunrise each morning for more than seven years. The songs beckon, smooth the pathway and celebrate our arrival into the New Garden Earth. From an island on the coastline of Maine to the high desert in the American Southwest and back to coastal Maine once again, *Golden Pebbles* traces

an adventure of discovery which began while journeying to the sound of a Native American drumming rhythm. It was a journey from which I emerged astonished. I heard singing, I said to the drummer. You heard the voices of the ancestors, he replied quietly. The ancestor voices stirred a memory into the past, and into the future -- multiple layers converging in now. Eventually there were songs to sing -- to the heartbeat rhythm of the drum. Golden Pebbles is the story behind the ceremonial songs, the sunrise drumming ceremonies and the joyful radiating of a cohesive intention and direction. The lyrics for three dozen Songs of Intention and Celebration are included in Golden Pebbles. For more information about the songs, see: www.goldenpebblepathway.me

meditation event near me: Meditative Moments of a Seeker Anurag S Pandey, 2022-05-28
Meditative Moments are moments beyond moments. They keep you realizing that you are eternal and infinite. They never leave you from your chase. They keep reviving themselves. They go on getting deeper and more mysterious. They start pulling you. You fail to keep yourself uninfluenced by them. Slowly you drown in them. The doors of the inner world start opening one after the other and you feel as if you are an alien on your planet Earth. I am in relationship with 'Meditative Moments' since childhood. Sitting for hours in Padmasana (Lotus posture) on the open terrace in the afternoon and playing the game of Meditation. Inviting spirits using planchette and to marvel at their actual arrival, to be effortlessly in continuous state of witnessing. Then came a period of divagation. But those moments walked with me like a shadow and embraced me again. There is no erudition in this book. If you are interested in experiences related to meditation and you want to delve deeper into those experiences, then this book is for you. It has four chapters. First chapter is about various experiences of the subtle world. How Krishna, Buddha, Jesus, Sai Baba, Goddess Dhoomavati, Vanadevi (Forest Goddess), Osho, Unknown Monk, Avadhoot Baba Sivananda etc met me in the subtle world and inspired me, helped me. Second chapter is detailed explanation of various experiences through which a spiritual practitioner undergoes while practicing meditation. For example the feeling of vastness, the pulsation in the penis, the movement of subtle bodies, the spinning and opening of the chakras, feeling the omnipresence of the consciousness, the unfolding of the past and the future, the manifestation of the inner world etc. Why and how do these experiences knock us? Which experiences are positive and which experiences are dangerous to be drowned in? How can we deepen these experiences? I have tried to put light on these factors as per my experience. Third chapter explains how we can practically use meditation for solving problems. How using meditation we can transform the future, heal physical and mental illness, understand, break and transform thought chains, purify body, mind, intellect and consciousness. And fourth chapter is about the benefits of meditation, how it improves your work skills, helps you set up your goals and so on.

meditation event near me: Cyber Zen Gregory Price Grieve, 2016-12-08 Cyber Zen ethnographically explores Buddhist practices in the online virtual world of Second Life. Does typing at a keyboard and moving avatars around the screen, however, count as real Buddhism? If authentic practices must mimic the actual world, then Second Life Buddhism does not. In fact, a critical investigation reveals that online Buddhist practices have at best only a family resemblance to canonical Asian traditions and owe much of their methods to the late twentieth-century field of cybernetics. If, however, they are judged existentially, by how they enable users to respond to the suffering generated by living in a highly mediated consumer society, then Second Life Buddhism consists of authentic spiritual practices. Cyber Zen explores how Second Life Buddhist enthusiasts form communities, identities, locations, and practices that are both products of and authentic responses to contemporary Network Consumer Society. Gregory Price Grieve illustrates that to some extent all religion has always been virtual and gives a glimpse of possible future alternative forms of religion.

meditation event near me: Experience Norman Fischer, 2016 Norman Fischer's Experience is the fruit of forty years of thinking on experimental writing and its practice, both as an investigation of reality and as a religious endeavor, by a major figure in contemporary Zen Buddhist practice and theology.

meditation event near me: Walk with the Devil Zakariah Ali, 2012-11 I was profoundly touched by evil at the dawn of my life and have been haunted by the experience throughout most of my life. My mother was poisoned before my eyes at about age four; I grew up on that that fateful day and became aware of myself. I was touched by evil and the wickedness of man against man at the dawn of my life. She died an agonizing and horrible death. The room I shared with her smelled like rotten flesh or putrefied meat before her death. But the last time I saw her on earth she looked radiant and was miraculously transformed when I saw her seated in the village square for public viewing. She was at peace, the lines and marks of pain and anguish etched on her face as she lay dying were smoothed out. Her countenance was peaceful devoid of the expressions of agony and pains the hallmark of the last three to four months of her life. She was beautiful in death than during the last months of her life; death gave her peace. I did not know it but I was affected or influenced by the events of my mother's last days on earth. I do not fear death and whenever I came close to death I was more concerned about the inconvenience my death would have imposed on others than fear for my life. Death is not a bogey man. About a year after her death I encountered malicious spirits in the bush. I did not know the spirits were not human but I was apprehensive and fearful at the sight of little people under the fruit tree on which I sat. The spirits chased me from the bush to the village; during the chase the earth opened up and swallowed me for my protection. And not to be outdone the spirits followed me into the bowels of the earth. That was the second time in my young life that I was touched by evil of a different kind; I nearly died from the encounter with the malicious spirits. I was reunited with a father I did not know I had before my mother's death. But about three years after I was reunited with him he walked out on my new family; my stepmother and her children. Thus by age seven or eight I had gone through two broken homes. First, my mother walked out on my father when I was a baby and second my father walked out on my new mother and half siblings. For most of my life I was haunted by forces of darkness, malevolent spirits and scary nightmares from time to time. Scary and haunting nightmares led me to discover the power of prayer very early in life. I started praying before going to bed when I was in class three and the nightly nightmares ceased until I was a young adult and went to St. John Bosco's College. I discovered alcohol and began ignoring and skipping my nightly prayers or prayed haphazardly without heart and the nightmares came back. I was hospitalized about five times in one year from the effects of a nightmare and vision when I was a student at the University of Science & Technology, Kumasi... Divided by Faith United by Love My father was a tolerant Muslim; he did not foist his faith on the rest of the family. My stepmother followed no particular faith or organized religion until the last days of her life. She was an animist; she worshipped our ancestral spirits and deities. I became a Catholic or Christian by virtue of education, my father made no attempt to convert me to Islam. The family while together was united by love not by faith; each member followed his/her own faith. I could not reconcile my new faith with my parents and realized that but for love we would not have known peace in our family. We are divided by faith but united by love that was the experience from my upbringing. My lack of blind faith is influenced by my upbringing. Man as God and Satan. I understand the meaning of some popular bible passages different from most because of my experience of the forces of darkness, my struggle in life against evil, witchcraft and malicious spirits. I understand the true meaning of the passage in Luke 17-20-21 -----For indeed the kingdom of God is within you . And the adm

meditation event near me: Keys to Your Divine Leena Maria Markkanen, 2016-03-28 Keys to Your Divine is a book about finding the light within you even in times of illness and hardship. Its about a state of fearlessness that may lead you to transformational recovery, becoming whole through healing. Leena Maria Markkanen recovered from life-threatening illnesses. From the very first diagnosis she decided not to make any decision based on fear, which also meant she didn't accept chemotherapy as part of her treatment. Light messages, as Leena calls the guidance she received channeled through her various healers, helped her to work through her fears. Rising above suffering leads to a shift to a higher dimension that could be called heaven on earth. Leena is a social psychologist with extensive experience as a well-being instructor and speaker. Today, she

focuses on helping people find their own light, inner peace, fearlessness, and strength. After reading *The Keys to Your Divine*, I had the profound insight that you can relieve your suffering and become free from fear by starting to truly trust your own guiding light, allowing the grace to flow into your life. Let the light guide you to the universal love, no expensive courses or gurus needed. This book is intended to raise the readers spirits in the midst of their everyday struggles, illnesses, or sorrows. Through her own experiences, Leena Maria Markkanen is able to shed her light on this important topic and guide the reader on the path to the divine self and happiness. Pauliina Aarva PhD, associate professor (health promote research) www.leenamariamarkkanen.com

meditation event near me: Ministry to the Avatars Jerold A. Garber, 2017-09-22 The world is changing rapidly, and perhaps the most compelling evidence of this change is found in the way people use technology to access services that formerly required an in-person visit. Now, for the first time, a real church with denominational standing is as close as ones computer. In *Ministry to the Avatars: Building a Real Church in a Virtual World*, author and reverend Dr. Jerold A. Garber shares the transcendent story of First United Church of Christ Second Life a virtual church designed and built in Second Life, a 3-D virtual world with over thirty-six million individual accounts and over one million active users each month. While it began as an experiment in faith and inclusivity, First UCC SL today has full standing in the Eastern Association of the Southern California Nevada Conference of the United Church of Christ, and it is the first church in a mainline denomination to achieve full standing while owning no physical property. Since its founding, First United Church of Christ Second Life has grown into a multifaceted, vibrant ministry with a 365-day-a-year presence in Second Life, and it is also a member of the Open and Affirming Coalition of the UCC, an association of churches affirming the full inclusions of gay, lesbian, bisexual, and transgendered persons in the churchs life and ministry. Come and witness the wonderful things that can be achieved when service to others transcends the boundaries of reality! Visit the First United Church of Christ Second Life website at <http://www.firstuccsl.org> and Second Lifes 3D virtual world created by Linden Lab at <http://www.secondlife.com>.

meditation event near me: Prosperity Meditations Susan Shumsky, 2022-01-14 “Let Prosperity Meditations become your daily devotional reading. Read it. Use it. Explore it. And, expect miracles.” —Dr. Joe Vitale, author, *Zero Limits* A simple guide filled with affirmations and meditations to attract abundance, success, wealth, and creativity instantly! If you want to draw prosperity into your life, first abandon the idea that spiritual people must be poor. Prosperity Meditations can help you develop a new, fresh, optimistic, and empowering attitude about money. By using its methods, you can change your belief about prosperity and thereby draw greater wealth into your life on all levels: spiritual, emotional, mental, physical, material, environmental, and planetary. You have the power to create affluence in all areas of life—not just material. The Creator is waiting for you to open to the unlimited riches of heaven that are always available to you. All you need is to learn how to receive the boundless bounty that is your birthright. How does poverty help spiritual people fulfill their laudable, idealistic dreams and aspirations? Wouldn't the world be a better place if spiritual people, who aspire to do good, had access to limitless wealth? Could you help heal the planet and lift people's consciousness if you had greater resources at your disposal? If you say yes, this book can help you manifest your fondest dreams and desires through the mental alchemy of meditation—a process that can change your mind, which, in turn, can change your life and thereby positively transform the planet.

meditation event near me: The Labyrinth Nicholas Frost, 2022-06-22 Don't Worry About a Thing The meditator Dust is steered into community work by the Divinology Church, where like Dante in infernal circles he trawls people's rubbish in aberrant and miserifying scenes. With sainted girlfriend Blue Wendy and ascetic Anna Rex, all underhinged by his Employer's spidery cult, we trace a satire on Dust's fabulations with the need to evolve, with the problem of who and how to be. Chaos Lean the journalist claims he is terminally ill. 'I spent a career conjuring stories for public consumption: now the parasites eat me'. The unruly girl Dora Jarr worms in. Her mission? To skewer corruption in 'the business of nano-genetics.' Trash novella, rant, love-lust letter, apologia - Lean's

diarybook seeks a balm of chaos under tyranny of order. Who can live without narrativel dreams? 'I'll be tragic hero in my last whodunnit.' The Labyrinth At the heart of a Labyrinth, incarcerated by a Beast, is the goddess-temptress Conscience. In a Stalinist prison Drilov the clerk pens prisoners' confessions. The last, within a fundamentalist materialist machine where victim and perpetrator dance, is his own. In a brave future country, Dreeley the storyteller takes to the road with 'Dionysus' in search of an elusive woman. His goal? To deconstruct history and karma, snuff the beast of inconsequence, unravel the knot of death, surrender to immaterial sky.

meditation event near me: Quiet Moments: a four weeks'course of thoughts and meditations Lady Charlotte Maria PEPYS, 1870

meditation event near me: Revelations of a Melchizedek Initiate Joshua David Stone, 1998-10-01 This book traces the author's journey of ascension through the seven levels of initiation, through the process of anchoring and activating his fifty chakras, expanding to a 99-percent light quotient, then on to anchoring and fully activating all twelve bodies, which include the five higher bodies. Exactly how this is done is shared, and in-depth information is given on the workings of the inner-plane ashram under the guidance of Djwhal Khul, Lord Maitreya and Lord Melchizedek. You are invited to journey with him as he unfolds the process of his initiations, beginning at the sixth, moving through the equivalent of the tenth initiation and into the beginning of the eleventh. Written as a personal log, this book shares, in an open and candid manner, dreams, meditations, conversations with the masters, spiritual background, thoughts and reflections and actual ascension experiences.

meditation event near me: Memorials of ... John Warburton (the Autobiography, letters and meditations) ed. by C. Hemington John Warburton, 1892

meditation event near me: The Oneness Blessing Paula Rosenfeld, 2015-04-20 The global phenomenon of the Oneness Blessing, also known as Deeksha, is a non-denominational transfer of energy from one person to another. Deeksha works in a neurobiological way, activating the frontal lobes of the brain and deactivating the parietal lobes. This subtle but powerful shift in brain function supports an experience of interconnectivity, awareness, authenticity, and bliss. Partaking of the Oneness Blessing is not a religion or path; it requires no allegiance to any beliefs, doctrines, or practices. With surprising simplicity, it opens the door for ordinary people to discover what is unique, extraordinary, and true for them. In The Oneness Blessing, Paula interviews awakened Oneness Trainers whose lives have been transformed through Deeksha. Their humor, gratitude, insights, and inspiration intimately illuminate what it means to live an awakened life. You will discover how Deeksha can catalyze: A change in inner perception, resulting in miraculous shifts in relationships, prosperity, health, purpose, and joy A letting go of resistance to people and situations Relief from cravings and addictions A shift in brain function that opens the heart, quiets the chattering mind, and lets one be fully alive

meditation event near me: Sounding Out: Pauline Oliveros and Lesbian Musicality Martha Mockus, 2011-05-20 Crafting a dynamic relationship between feminism and music-making, this book offers a queerly original analysis of Oliveros's work as a musical form of feminist activism and argues for the productive role of experimental music in lesbian feminist theory.

meditation event near me: Acts of Surrender Mark David Gerson, 2019-04-23 An Exceptional Telling of an Exceptional Story! Mark David Gerson never wanted to be a writer, never believed in a world beyond that of his five senses. But when life began to chip away at his identity with a relentlessness that he couldn't ignore, he found himself launched on a spiritual journey that would redefine everything about him - multiple times. It was a journey of surrender that ultimately birthed a timeless fantasy series...and a new life he could never have imagined. A dynamic read for the creative spirit within each of us. Positive inspiration at its best. - Hank Bruce, author of Peace Beyond All Fear: A Tribute to John Denver's Vision I don't know anyone who has regularly risked more, given up more, to be a writer. - William Reichard, author of Evertime My life, as you will discover, has been rocky, on-the-edge and unconventional. It has been scary, disrupted and a distant remove from what most people still cling to as 'security.' It has also been creative, exhilarating,

passion-filled, vibrant, exciting, adventurous and enriching. It has pushed me beyond the boundaries of what I believe and what I believe I want, and it has propelled me beyond the frontiers of the conventionally possible. In every moment, it steers me on a course that I could never consciously chart for myself. In every breath, it reminds me that the story knows best -- the story I'm living as much as the story I'm writing.

meditation event near me: Swimming in the Ocean of the Divine Catherine Kominos, 2014-04-18 It was January 1, 2000, when author Catherine Kominos received a call from God-an invitation to set sail on an odyssey of discovery, remembrance, and inner growth. Easily seduced by the divine's transcendent gifts, she accepted the invitation. Only after the ship had sailed did the perils of the journey and the sacrifices demanded by it become evident. In this personal narrative, Kominos shares her personal odyssey of spiritual growth and transformation from a Pentagon engineer to guru. Accustomed to looking outside of herself for fulfillment, her experiences showed her nothing external is permanent, nor can the external fulfill the deep longing within for something more. A hero's journey through love, loss, and rebirth, *Swimming in the Ocean of the Divine* spans adventures through unconceivable calamities, misfortunes, pilgrimages, and moments of unforgettable spiritual bliss. Kominos discovers the power of love, forgiveness, and the courage to face life's challenges with grace.

meditation event near me: Things I Did When I Was Hangry Annie Mahon, 2011-08-23 After years of struggling with eating disorders and anxiety around food and eating, Annie Mahon figured that having a path, any path, would be helpful. When she read *The Miracle of Mindfulness* by Thich Nhat Hanh, she found a path that not only changed her (and her family's) relationship with food, but also transformed nearly every aspect of her life. In *Things I Did When I Was Hangry*, Annie shares her path to mindful cooking and eating. The tools Mahon offers fit together like a wheel, rather than sequential steps. Readers are invited to just jump in and take what works for them. Each section has a short humorous story about Annie's own journey toward more conscious cooking and eating. She shares practices for developing mindfulness that will support more ease around food, and journal questions to help you look more deeply at the roots of your thinking about food, cooking, and eating. Simple, delicious, vegan recipes complement each section, demonstrating mindful alternatives for every meal and many eating challenges, including eating at work and school, eating at restaurants and on vacation, and mindfully feeding friends and entertaining. Mindful eating has been shown to improve body acceptance, diminish negative self-talk and support weight loss. Mindful cooking is a mindfulness practice in itself, creating more ease in our day-to-day lives. Annie Mahon's recipes and suggestions are scaffolding anyone can use to build their own mindful kitchen and eating practices.

Related to meditation event near me

Learn How to Meditate: A Mindful Guide to Transform Your Life We'll show you how to meditate properly, the benefits of regular meditation practice, and the styles of meditation. Free resources available

13 Benefits of Meditation for Your Mind and Body - Verywell Health Meditation benefits a well-rounded lifestyle by keeping you calm and may promote healthy aging. Learn about the many benefits of meditation here

Meditation: Take a stress-reduction break wherever you are - Mayo Clinic Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress

9 Types of Meditation: Which One Is Right for You? - Healthline Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body

How to Meditate: The First and Last Guide You'll Ever Need Learning how to meditate can be a bit overwhelming. Our guide sets you up for success so you can gain all the benefits and none of the stress. Read on. So, you want to learn how to

Meditation - Psychology Today Meditation is a mental exercise that trains attention and

awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and

How to Meditate: Meditation 101 for Beginners - What is Meditation? Meditation is the practice of lightly holding your attention on an anchor, such as your breath, and gently bringing it back there when it wanders

Meditation and Mindfulness: Effectiveness and Safety | NCCIH This fact sheet provides information about meditation and mindfulness for conditions such as high blood pressure, anxiety, depression, and pain

How to Meditate: An Interactive Guide for 2025 | Guided Meditation Welcome to this comprehensive guide on how to meditate. We'll cover the basics of what meditation is, the types of meditation techniques, meditation poses, breathing techniques, and

Buddhist meditation - Wikipedia Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are bhāvanā ("mental development") [note 1] and

Learn How to Meditate: A Mindful Guide to Transform Your Life We'll show you how to meditate properly, the benefits of regular meditation practice, and the styles of meditation. Free resources available

13 Benefits of Meditation for Your Mind and Body - Verywell Health Meditation benefits a well-rounded lifestyle by keeping you calm and may promote healthy aging. Learn about the many benefits of meditation here

Meditation: Take a stress-reduction break wherever you are - Mayo Clinic Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress

9 Types of Meditation: Which One Is Right for You? - Healthline Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body

How to Meditate: The First and Last Guide You'll Ever Need Learning how to meditate can be a bit overwhelming. Our guide sets you up for success so you can gain all the benefits and none of the stress. Read on. So, you want to learn how to

Meditation - Psychology Today Meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and

How to Meditate: Meditation 101 for Beginners - What is Meditation? Meditation is the practice of lightly holding your attention on an anchor, such as your breath, and gently bringing it back there when it wanders

Meditation and Mindfulness: Effectiveness and Safety | NCCIH This fact sheet provides information about meditation and mindfulness for conditions such as high blood pressure, anxiety, depression, and pain

How to Meditate: An Interactive Guide for 2025 | Guided Meditation Welcome to this comprehensive guide on how to meditate. We'll cover the basics of what meditation is, the types of meditation techniques, meditation poses, breathing techniques, and

Buddhist meditation - Wikipedia Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are bhāvanā ("mental development") [note 1] and

Learn How to Meditate: A Mindful Guide to Transform Your Life We'll show you how to meditate properly, the benefits of regular meditation practice, and the styles of meditation. Free resources available

13 Benefits of Meditation for Your Mind and Body - Verywell Health Meditation benefits a well-rounded lifestyle by keeping you calm and may promote healthy aging. Learn about the many benefits of meditation here

Meditation: Take a stress-reduction break wherever you are - Mayo Clinic Meditation can

give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress

9 Types of Meditation: Which One Is Right for You? - Healthline Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body

How to Meditate: The First and Last Guide You'll Ever Need Learning how to meditate can be a bit overwhelming. Our guide sets you up for success so you can gain all the benefits and none of the stress. Read on. So, you want to learn how to

Meditation - Psychology Today Meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and

How to Meditate: Meditation 101 for Beginners - What is Meditation? Meditation is the practice of lightly holding your attention on an anchor, such as your breath, and gently bringing it back there when it wanders

Meditation and Mindfulness: Effectiveness and Safety | NCCIH This fact sheet provides information about meditation and mindfulness for conditions such as high blood pressure, anxiety, depression, and pain

How to Meditate: An Interactive Guide for 2025 | Guided Meditation Welcome to this comprehensive guide on how to meditate. We'll cover the basics of what meditation is, the types of meditation techniques, meditation poses, breathing techniques, and

Buddhist meditation - Wikipedia Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are *bhāvanā* ("mental development") [note 1] and

Learn How to Meditate: A Mindful Guide to Transform Your Life We'll show you how to meditate properly, the benefits of regular meditation practice, and the styles of meditation. Free resources available

13 Benefits of Meditation for Your Mind and Body - Verywell Health Meditation benefits a well-rounded lifestyle by keeping you calm and may promote healthy aging. Learn about the many benefits of meditation here

Meditation: Take a stress-reduction break wherever you are - Mayo Clinic Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress

9 Types of Meditation: Which One Is Right for You? - Healthline Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body

How to Meditate: The First and Last Guide You'll Ever Need Learning how to meditate can be a bit overwhelming. Our guide sets you up for success so you can gain all the benefits and none of the stress. Read on. So, you want to learn how to

Meditation - Psychology Today Meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and

How to Meditate: Meditation 101 for Beginners - What is Meditation? Meditation is the practice of lightly holding your attention on an anchor, such as your breath, and gently bringing it back there when it wanders

Meditation and Mindfulness: Effectiveness and Safety | NCCIH This fact sheet provides information about meditation and mindfulness for conditions such as high blood pressure, anxiety, depression, and pain

How to Meditate: An Interactive Guide for 2025 | Guided Meditation Welcome to this comprehensive guide on how to meditate. We'll cover the basics of what meditation is, the types of meditation techniques, meditation poses, breathing techniques, and

Buddhist meditation - Wikipedia Buddhist meditation is the practice of meditation in Buddhism.

The closest words for meditation in the classical languages of Buddhism are bhāvanā ("mental development") [note 1] and

Learn How to Meditate: A Mindful Guide to Transform Your Life We'll show you how to meditate properly, the benefits of regular meditation practice, and the styles of meditation. Free resources available

13 Benefits of Meditation for Your Mind and Body - Verywell Health Meditation benefits a well-rounded lifestyle by keeping you calm and may promote healthy aging. Learn about the many benefits of meditation here

Meditation: Take a stress-reduction break wherever you are - Mayo Clinic Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress

9 Types of Meditation: Which One Is Right for You? - Healthline Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body

How to Meditate: The First and Last Guide You'll Ever Need Learning how to meditate can be a bit overwhelming. Our guide sets you up for success so you can gain all the benefits and none of the stress. Read on. So, you want to learn how to

Meditation - Psychology Today Meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and

How to Meditate: Meditation 101 for Beginners - What is Meditation? Meditation is the practice of lightly holding your attention on an anchor, such as your breath, and gently bringing it back there when it wanders

Meditation and Mindfulness: Effectiveness and Safety | NCCIH This fact sheet provides information about meditation and mindfulness for conditions such as high blood pressure, anxiety, depression, and pain

How to Meditate: An Interactive Guide for 2025 | Guided Meditation Welcome to this comprehensive guide on how to meditate. We'll cover the basics of what meditation is, the types of meditation techniques, meditation poses, breathing techniques, and

Buddhist meditation - Wikipedia Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are bhāvanā ("mental development") [note 1] and

Learn How to Meditate: A Mindful Guide to Transform Your Life We'll show you how to meditate properly, the benefits of regular meditation practice, and the styles of meditation. Free resources available

13 Benefits of Meditation for Your Mind and Body - Verywell Health Meditation benefits a well-rounded lifestyle by keeping you calm and may promote healthy aging. Learn about the many benefits of meditation here

Meditation: Take a stress-reduction break wherever you are - Mayo Clinic Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress

9 Types of Meditation: Which One Is Right for You? - Healthline Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body

How to Meditate: The First and Last Guide You'll Ever Need Learning how to meditate can be a bit overwhelming. Our guide sets you up for success so you can gain all the benefits and none of the stress. Read on. So, you want to learn how to

Meditation - Psychology Today Meditation is a mental exercise that trains attention and awareness. Its purpose is often to curb reactivity to one's negative thoughts and feelings, which, though they may be disturbing and

How to Meditate: Meditation 101 for Beginners - What is Meditation? Meditation is the practice

of lightly holding your attention on an anchor, such as your breath, and gently bringing it back there when it wanders

Meditation and Mindfulness: Effectiveness and Safety | NCCIH This fact sheet provides information about meditation and mindfulness for conditions such as high blood pressure, anxiety, depression, and pain

How to Meditate: An Interactive Guide for 2025 | Guided Meditation Welcome to this comprehensive guide on how to meditate. We'll cover the basics of what meditation is, the types of meditation techniques, meditation poses, breathing techniques, and

Buddhist meditation - Wikipedia Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are bhāvanā ("mental development") [note 1] and

Back to Home: <https://staging.massdevelopment.com>