



Meditation in Theory and Practice

Led by Laura Mead

Select Saturdays in 2019

January 19th

February 9th & 23rd

March 9th & 23rd

April 13th & 27th

Time: 9:45 am to 12:15 pm

**Location: Prairie Hollow
6921 SW Douglas Rd.
Topeka, KS 66610**

We are located 2 1/4 miles south of the 4 corners of Dover (about 15 miles SW of Topeka)

Suggested Registration: \$30 per session or register for the whole series for \$180*

(*You are welcome to pay more or less than the suggested registration. Please pay what works best for you.)

To register or for questions please email: lauramead108@gmail.com

Pre-registration is preferred, but not required.

Laura will offer meditation theory and instruction in:

Relaxation and focus, compassion meditation and wisdom practices.

She will give guidance in setting up and maintaining regular meditation practice.

There will usually be two guided meditations taught during the session.

We will have time for lecture & discussion as well as questions and answers.

“In our search for happiness, we need not look far. True happiness is not found through the conquest of nature or the acquisition of wealth or fame - it is found within by realizing the potential of our hearts and minds”.

--B. Alan Wallace

Laura Mead is a nationally known teacher of meditation and energy work. She offers lectures and leads workshops both nationally and internationally. She is a longtime student of B. Alan Wallace, who has authorized her to teach this material.

www.LauraMead.net

www.AlanWallace.org

What is Meditation?

Meditation is a practice or technique used to cultivate or develop qualities of the mind and emotions. This development allows us to begin to choose our relationship to and our interactions with our thoughts and emotions.

All too often we may find ourselves “at the mercy” of our thoughts, hopes, desires and fears. Meditation is a tool that can be used to learn choice or volition in how we respond to our habitual patterns of the mind as well as how we respond to the arising of our emotions.

One definition of meditation is “to cultivate.” As this term implies, meditation is a gradual and continual practice learning to train the mind. It is not, as is so often thought, a practice that you do which is either “right or wrong.”

This session will lead students through different meditation practices to help cultivate stillness and compassion. Using this foundation, it is much easier to tap into our innate wisdom.

We can't always control what happens to us, but we can learn to control how we respond. This positive approach allows us to co-create our reality and experience.