

GOM: Meditation for Clarity and Serenity – 2017 Jewel Heart Course Schedule

April 13, 7 – 8:30 pm – Onsite Session

Suggested Reading: GOM transcript – Chapters 1 and 2

Suggested Session: First hour - Brief presentation and discussion of suggested reading. Followed by setting meditation seat and posture and three to 5 minute meditations on the breath.

April 20, 7 – 8:30 pm – Webinar Session

Introduction. Brief overview - suitable environment, sitting posture, introduction of object and how to focus. Includes guided exercises and Brief Q & A.

April 27, 7 – 8:30 pm – Onsite Session

Suggested Reading: GOM transcript – Chapters 3 and 4

Suggested Session: Brief presentation and discussion of suggested reading and previous experience for 45 minutes. Followed by four or more 5 to 10 minute meditations on the breath or other chosen object.

May 4, 7 – 8:30 pm – Webinar Session

Review of last webinar session. Presentation of 5 obstacles and 8 remedies. Includes guided exercises and Brief Q & A.

May 11, 7 – 8:30 pm – Onsite Session

Suggested Reading: GOM transcript – Chapter 5

Suggested Session: Brief presentation and discussion of suggested reading and previous experience for 30 – 45 minutes. Followed by four or more 5 to 10 minutes meditation sessions.

May 18, 7 – 8:30 pm – Webinar Session

Review of last webinar session. Presentation of 9 stages with Meditator's Journey handout (PowerPoint). Includes guided exercises and Brief Q & A.

May 25, 7 – 8:30 pm – Onsite Session

Suggested Reading: GOM transcript – Chapter 6

Suggested Session: Brief presentation followed by discussion for 30 minutes total, followed by at least four 10 minute meditation sessions.

June 1, 7 – 8:30 pm – Webinar Session

Review of last webinar session. Complete presentation of 9 stages along with 4 attentions and 6 powers. Present "Meditator's Journey" and 9 stages system in context with 5 obstacles and 8 remedies. Includes guided exercises and brief Q & A.