



Infloressense Meditation Sessions *Medicine for Mind & Body*

Both Buddhists in the East and indigenous peoples in the West refer to the application of their spiritual techniques as "medicine". This view reflects a spiritual insight attained by awakened ones and shamans alike - a view that sees much of our conventional experience as clouded by imbalanced and mistaken perceptions of reality, which are ultimately the causes of dis-ease or suffering. The medicines - the antidotes to disease and suffering - are many. Teachings, ceremonies, and practices that assist people in applying these antidotes are as diverse as the peoples, places, cultures, and times we live in.

The practice of Meditation includes a broad variety of skills and techniques that are beneficial to mental, emotional, and physical well-being. Greater focus and mindfulness are immediate benefits, providing a sense of calm and balance. It is important to find a place and time to sit quietly, without interruption, and to make a habit of this. Meditation in a group can help to launch this habit or reinforce it for those who have already had a mediation practice. These Meditation sessions will include some short instruction and excerpts from teaching on mediation from different spiritual traditions, sitting and walking meditation, and time for discussion and sharing.

Included in our beginning sessions are Calming the Mind in the four stages: 1) finding the breath, 2) balancing inbreathing and outbreathing, 3) following the breath, and 4) focusing on the breath.

With 50+ years of experience with a variety of spiritual traditions, Gabriel Aiello will share his broad view of the practice of meditation. He was a founding member of Snow Lion Publications, a publishing effort dedicated to the preservation of Tibetan Culture, and publisher of Kindness, Clarity, and Insight, the first western publication of the most co-authored writer in the world, His Holiness the Dalai Lama.

He can be reached at gsaiello@gmail.com.

Meditation sessions are weekly at 9:00 AM Fridays.