



Meditation, Science and Self

The greatest benefits of meditation come from regular practice.

The initial benefits can generate enthusiasm, however eventually even those can start to feel routine. Deeper knowledge motivates sustained practice. This 16-session course teaches participants how to meditate and introduces the foundational understandings that have allowed meditation practices to endure for thousands of years.

Each session is 1 ½ hours in length, beginning and ending with periods of meditation. Several different mediation techniques are taught during the course. In addition to talks on the following topics, each session includes the opportunity to ask questions and share experiences.

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| 1. How and Why to Meditate | 9. Properties of the Mind |
| 2. Best Practices | 10. Properties of Awareness |
| 3. Science of Meditation | 11. Inner Integrity 1. |
| 4. The Philosophy of Truth | 12. Inner Integrity 2. |
| 5. Determining Truth with Science | 13. Creative Solutions |
| 6. What Do You Want? | 14. Right Action |
| 7. Our Inner World | 15. Connection, Not Selfishness |
| 8. Life From 2 Internal States | 16. A Vision of Possibilities |

Participant assessments can be done using the Perceived Stress Scale to obtain a measure of the benefits to the participants and the sponsoring organization.

For further information or to schedule a presentation, please contact:

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