

new
course

MORE THAN MEDITATION

New Date!! 25 February 2010

6 consecutive Thursday evenings 7pm-8.30pm

Augustine Centre - 2 Minona St, Hawthorn 3122

For details: <http://www.pathways2wellbeing.com.au>

Matthieu Ricard "Meditation is not about emptying the mind, it is learning how to focus it"

This quote from a world renowned master of meditation talks of learning to *focus the mind*.

This is the essence of the **More than Meditation Course**, designed and refined now over several years, to assist others who wish to make meditation practice a part of their lives and would like to develop a competency in learning to focus the mind

Directing attention is difficult when we're constantly subjected to the distracting nature of our thoughts, fears and emotions.

Directing attention to focus our mind, without distraction, is a self-competency rather than a skill.

"Competency unlike other concepts such as capability, skill or qualification stands for the ability of the individual to organise themselves" Hans Eysenck

As one learns to focus the mind many benefits become apparent: **mind clarity, improved memory, less anxiety** and an ability to **deal with stress** in a calmer and more peaceful way. The physical body benefits from lower blood pressure, stronger immune system and in general more self organised in both mind and body.

More Than Meditation Course.

In this course you will find support, guidance and opportunities to institute simple and effective daily practices, most of which take only 10-20 minutes.

There was some amazing feedback from our meditation course just completed: **[check it out](#)**

Our next meditation course begins on **Feb 25 2010**

Early Bird registration by **Feb 12 2010**

I invite you to join us. **[Click here for details.](#)**

Facilitators: Bill & Kati Patterson

Convener: Dr Daniel Lewis [The Lewis Institute for Health & Well Being](#)