

**From:** Dhyana Centre info@dhyanacentre.org  
**Subject:** Dhyana Centre programme for July  
**Date:** 25 June 2024 at 9:18 AM  
**To:** Dhyana Centre info@dhyanacentre.org



Dear friends,

Please find below the events programme for the coming month. All the sessions for the next fortnight can be seen at a glance in the [weekly schedule](#), while the programme for the whole month can best be seen online in the Centre's [activities calendar](#). There is also a complete listing at the bottom of this email.

### **Summary...**

- **OM Healing: Fridays 28th June & 19th July @ Essex Church and Tuesdays 9th & 30th July @ Rudolf Steiner House**
- **Group meditation: Fridays 5th & 26th July @ Essex Church**
- **Centre activities will continue as normal throughout the summer, there will be no holiday break**

#### 1. Meditation courses: Sundays 5pm - 7.30pm as required

There are no Dhyana Yoga courses planned at present. Future courses will be run on a bespoke basis rather than offered publicly. Newcomers interested in attending such a course should visit the Centre at an OM Healing session and introduce themselves to Alan Perry with whom they will be able to discuss their requirements.

#### 2. OM Healing: 7pm - 9pm Fridays or Tuesdays two/three times a month

OM Healing currently takes place two or three times a month on selected Fridays or Tuesdays 7pm - 9pm. Doors open for set-up at 7pm and the briefing for newcomers will start at 7.15pm. The actual chant follows this for 45 minutes concluding with a period of 15 minutes meditation without any sort of break i.e. the active part of the session is a straight one hour.

The sessions for the next month are: **Fridays 28th June & 19th July @ Essex Church** and **Tuesdays 9th & 30th July @ Rudolf Steiner House**

**First-time attendees:** newcomers are always welcome. If you have not been to one of these sessions with the Dhyana Centre before, a full briefing is given at 7.15pm before each session and all newcomers must attend this. Please note that punctuality is essential – there is no late admittance. Please arrive between 6.50pm – 7.10pm.

**Useful links:** two interesting and useful articles on the benefits of OM chant can be viewed [here](#) and [here](#) (these are also on the [OM Healing webpage](#)).

#### 3. In-person meditation classes: Fridays twice monthly 7pm - 9pm @ Essex Church

Group meditations ordinarily take place twice a month, the next sessions being **Fridays 5th & 26th July**. These classes consist of two periods of silent meditation: doors open for set-up at 7pm, a 25 minute period will start at 7.10pm followed by feedback and discussion; then after a nominal break at 8pm, a 40 minute meditation. Both periods are open without booking to all Centre members and existing students ie. not for newcomers. It is possible either to leave or arrive during the halfway break at 8pm.

PLEASE NOTE: our booking starts at 7pm (including the set-up time) so please do not arrive at Essex Church before 6.50pm, from which time the front door will be open and attended. Please do not press the front door buzzer, and keep silent when you enter the foyer: this is because there is sometimes another meditation group already in progress in the Large Hall on the ground floor at that time and it is important that we do not disturb them, in the same way that we have asked them to respect our quietness when they depart the building at 8pm. If you arrive for the second session only, then it is fine to press the intercom buzzer marked 'Library' between 7.55pm - 8.05pm (it will be muted outside those times).

#### 4. [Standing item] Online practice sessions via Zoom (Tuesdays and Fridays @ 7pm, Sundays @ 10am)

Online sessions are taking place every Tuesday and Friday evening (unless there is an in-person session), and every Sunday morning even if there is a course in the afternoon. All sessions for the next two weeks can be seen at a glance in the [weekly schedule](#) or the details can be seen on the Centre's [activities calendar](#).

All these sessions are open to DC members, associates and current students (ie. not for complete newcomers); no booking is required, just use the link: <https://us02web.zoom.us/j/5264467923> (there is no passcode but the waiting room will apply).

Sessions normally last 1 hour or slightly longer. The Open Forum consists of a yogic reading (currently from the "Sai Baba Gita") with discussion/Q & A and one 20 minute meditation, while all other sessions are focused solely on silent meditation and consist of either two 20 minute periods of practice or one 45 minute meditation.

PLEASE NOTE the following...

a) if you miss the start time for a Zoom session, it is perfectly OK to join later, you will not disturb anybody, but just be aware that you will be joining in the middle of a silent meditation so stay muted and settle in as quickly as you can.

b) due to the fact that details of these sessions are published on the internet, I have had several attempted gate-crashers but they don't get into the actual meditation because I do not let them get further than the Zoom waiting room. If I don't know who the person seeking admittance is, I will not let them access the session. But there's a down-side to this: it's up to you to ensure that your Zoom profile displays a name that I recognise when you sign on. If that is not possible for any reason, you need to email me and tell me in advance otherwise you too will get stuck in the waiting room...

c) finally, can I emphasise that these sessions are all classes ie. teaching sessions not simply group meditations, and are intended to complement the teaching that I provide in-person on the introductory courses. As such, it is my normal didactic practice to select certain individuals afterwards to ask about their meditation and then use this interaction to bring out teaching points for the benefit of all those present. This is not an attempt to pry where it is not wanted: if you would rather not discuss anything, you should just say "Pass" and I will pass you by, in the same way that I do with in-person sessions at the TS. Alternatively, keep your video off and I will ignore you on the assumption that you just wish to listen but not participate.

Kind regards,

Alan Perry

*[PLEASE NOTE: This is an edited version of the programme that is sent monthly to all Dhyana Centre members and associates. You have been sent this email as you have either recently visited the Centre and/or enquired about meditation or OM Healing sessions. Enquirers will ordinarily be sent these calendars for three or four months only after which their email address will be deleted from the database unless otherwise requested. However, you can also unsubscribe by sending an email to [unsubscribe@dhyanacentre.org](mailto:unsubscribe@dhyanacentre.org). Full information about Dhyana Centre activities can be found at the website [www.dhyanacentre.org](http://www.dhyanacentre.org) and the Centre's data privacy policy can be viewed [here](#).]*

## MONTHLY LISTING

### Tuesday, 25 June

7:00pm [Dhyana on Zoom](#)

### Friday, 28 June

7:00pm [OM Healing: Essex Church](#)

### Sunday, 30 June

10:00am [Extended practice on Zoom](#)

### Tuesday, 2 July

7:00pm [Open forum on Zoom](#)

### Friday, 5 July

7:00pm [Meditation: Essex Church](#)

### Sunday, 7 July

10:00am [Extended practice on Zoom](#)

### Tuesday, 9 July

7:00pm [OM Healing: Steiner House](#)

**Friday, 12 July**

7:00pm [Dhyana on Zoom](#)

**Sunday, 14 July**

10:00am [Extended practice on Zoom](#)

**Tuesday, 16 July**

7:00pm [Open forum on Zoom](#)

**Friday, 19 July**

7:00pm [OM Healing: Essex Church](#)

**Sunday, 21 July**

10:00am [Extended practice on Zoom](#)

**Tuesday, 23 July**

7:00pm [Dhyana on Zoom](#)

**Friday, 26 July**

7:00pm [Meditation: Essex Church](#)

**Sunday, 28 July**

10:00am [Extended practice on Zoom](#)

**Tuesday, 30 July**

7:00pm [OM Healing: Steiner House](#)

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