From: **Dhyana Centre** info@dhyanacentre.org
Subject: Dhyana Centre programme for November
Date: 25 October 2026 at 8:23 am
To: Dhyana Centre info@dhyanacentre.org

Dear friends,

Please find below the events programme for the coming month.

Summary…

- ***OM Healing: Tuesdays 3rd and 17th November @ Rudolf Steiner House***
- ***Group meditation: Fridays 30th October, 13th and 27th November @ Essex Church***

CLICK TO VIEW THE CENTRE'S FULL CALENDAR OR THE WEEKLY SCHEDULE

25 OCT, SUN	10am – 12pm GMT	Silent retreat on Zoom
27 OCT, TUE	7 – 8:15pm	Dhyana on Zoom
30 OCT, FRI	7 – 9pm	Meditation: Essex Church
1 NOV, SUN	10am – 12pm	Silent retreat on Zoom
3 NOV, TUE	7 – 9pm	OM Healing: Rudolf Steiner House
6 NOV, FRI	7 – 8:15pm	Dhyana on Zoom
8 NOV, SUN	10am – 12pm	Silent retreat on Zoom
10 NOV, TUE	7 – 8:15pm	Open forum on Zoom
13 NOV, FRI	7 – 9pm	Meditation: Essex Church
15 NOV, SUN	10am – 12pm	Silent retreat on Zoom
17 NOV, TUE	7 – 9pm	OM Healing: Rudolf Steiner House
20 NOV, FRI	7 – 8:15pm	Dhyana on Zoom
22 NOV, SUN	10am – 12pm	Silent retreat on Zoom
24 NOV, TUE	7 – 8:15pm	Dhyana on Zoom
27 NOV, FRI	7 – 9pm	Meditation: Essex Church
29 NOV, SUN	10am – 12pm	Silent retreat on Zoom

NOTES

1. OM Healing: Tuesdays 7pm - 9pm, ordinarily twice a month @ Rudolf Steiner House

There will be two OM Healing sessions this coming month: **Tuesdays 3rd and 17th November.** The actual chanting lasts 45 minutes concluding with a 15 minute period of silent meditation. No booking is required. Sessions are ordinarily held in the Eurythmy Room on the 3rd Floor of the building, accessible by either lift or stairs from the entrance hall.

First-time attendees: newcomers are welcome to attend any OM Healing sessions and an introductory briefing is given at 7.05pm each evening. If you have not been to one of these sessions with the Dhyana Centre before, ***you must attend this briefing.*** Please note that punctuality is essential – there is no late admittance. Please aim to arrive before 7pm.

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).

2. In-person meditation classes: regular Fridays 7pm - 9pm @ Essex Church

Group meditations take place at least twice a month, the next sessions being **Fridays 30th October, 13th and 27th November.** These classes consist of two periods of silent meditation: a 30 minute period will start at 7.05pm followed by feedback and discussion; then after a nominal break 7.55pm - 8pm, a 35 minute meditation. Both periods are open to invited students only (this is a more advanced class that would not be suitable for newcomers). It is possible either to leave or arrive during the halfway break.

PLEASE NOTE: we have no access to the building before 6.45pm so please aim to arrive between then and 7pm. If the front door is unattended, press the 'Library' intercom buzzer. Please be careful not to press any other buzzer, and keep silent when you enter the foyer: this is because there is often 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. Our initial meditation session will start promptly at 7.05pm. If you arrive for the second session only, then it is fine to press the 'Library' intercom buzzer between 7.45pm - 8pm (it will be muted outside those times).

3. Online practice sessions via Zoom (Tuesdays and Fridays @ 7pm, Sundays @ 10am)

Online classes take place every Tuesday and Friday evening (unless there is an in-person session), and a retreat between 10am - 12 noon every Sunday morning. 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 and current students ie. invitees only, not for newcomers; just use the link: https://us02web.zoom.us/j/5264467923 (there is no passcode but the waiting room will apply). Once connected by camera with the group, it is best practice to maintain a visual link throughout the session.

Weekday sessions normally last 1 hour or slightly longer. The Open Forum consists of a yogic reading (currently from "Conscious Immortality", conversations with Sri Ramana Maharshi) 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.

Sunday retreat: consists of a two hour period of silent meditation from 10am - 12 noon every Sunday on Zoom; this is a drop-in, participants are welcome to come for as much or as little as they want and there is no discussion.

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 at Essex Church. 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 Essex Church. Alternatively, keep your video off and I will ignore you on the assumption that you just wish to listen but not participate.

4. 50 Gloucester Place update

The National Council of the Theosophical Society (of which the Dhyana Centre is a branch) met yesterday to rubber-stamp the decision of the Trustees to retain 50 GP as its operational headquarters and to resume activities there. Those of you who are TS members should have received a briefing paper from the National Secretary concerning this issue and I have nothing to add at this stage. No doubt we will all hear more in due course….but I am in no hurry as we already have excellent venues for our sessions and therefore no particular incentive to return to our former home.

Kind regards,

Alan Perry