

Online daily meditation sessions

We are in difficult times, confronted with uncertainty, challenges, losses and much more. A daily meditation practice can help us in these times. It can be a grounding and friendly start to the day. We offer this silent, daily practice free of charge. You may share this invitation with others. Ask them to email us and we'll send the link and these guidelines.

Guidelines

Reflective meditation sessions will be offered each day of the week at:

- ▶ 7.00 am Alice Springs time
- ▶ 8.00 am Adelaide time
- ▶ 8.30 am Sydney time
- ▶ 10.00 am New Zealand

Facilitators

Each day there will be a different facilitator, who may swap and change.

- ▶ Monday – Jenny
- ▶ Tuesday – Kate
- ▶ Wednesday – Marc
- ▶ Thursday – Anna
- ▶ Friday – Robyn
- ▶ Saturday – Tina
- ▶ Sunday – Anna and others

If you are new to the reflective approach to meditation please have a chat with teacher Anna Markey first. You can contact her at ammarkey@yahoo.com.au.

If you have any questions or concerns, email Anna to book a time to talk..

The Zoom ID 520 921 839 will be used for meditation sessions each day. It is a unique link that has been created for these sessions:

<https://zoom.us/j/520921839>

You can connect using a phone call. To find your local number click here:

<https://zoom.us/u/acvEDMnmcG>

You may want to check and make sure you can access the Zoom link away from meditation hours.

Schedule

- ▶ 5 minutes format and short dharma prompt/arrival
- ▶ 30 minute silent meditation
- ▶ 5 minutes reflective journalling
- ▶ 5 minutes closing.

The session will begin on time. Please log five minutes before the start time. If you are later five minutes after starting time, please join us after the meditation at minute 35. In some circumstances it may go over time. You are welcome to silently leave the session at any time you wish.

Meeting guidelines

- ▶ Our online meetings are held using Zoom. This is like Skype and WebEx combined. It is helpful if you have an account (they're free); however, you can still join the meetings if you do not have the free account.
- ▶ If possible, please join online. If that is not possible, you can join by phone by using the link above.
- ▶ Use speaker view rather than gallery view (up in right hand corner of video). Mute and stop video functions are in the lower left hand corner.
- ▶ We ask that you use a private room *whenever possible*. A headset with a built in microphone is optimal, but not required.
- ▶ Please consider rebooting your computer (and modem in some cases) some time before the meeting, and closing mail and browsers when on the call.
- ▶ Log in a few minutes early. Please keep silence/mute your device when you come on the call, unless tech help is needed and you can assist.
- ▶ If you are more than a few minutes late, please meditate and reflect on your own and join us at minute 35 for the closing comments. You can leave the meeting at any point.
- ▶ We are unable to offer technical assistance once the meeting has started. You can email before or after the meetings and we will try to help.
- ▶ Use the mute at all times. Unmute only when you want to speak at the end of the session. You can choose to turn on your video or turn it off. If you are using an iPad or smartphone, please stabilise the device. If you move around, please turn off the video.

Using Zoom

Helpful videos

Via devices such as smart phone, iPad, laptop, computer:

<https://www.youtube.com/watch?v=vFhAEoCF7jg&feature=youtu.be>

Via phone - using call in, phone numbers:

<https://youtu.be/7dU9N3P3sZk>

Agreements for participation

- ▶ Beginning with self honesty – being truthful with yourself
- ▶ Respecting autonomy – you have the right to control the direction of your meditation practice
- ▶ Avoiding actions that harm yourself and other participants during our sessions
- ▶ Practicing confidentiality
- ▶ Treating different kinds of experience and people equitably

Simple instructions for a meditation practice

- ▶ Choose a comfortable position. We will be meditating for 30 minutes. You can choose to meditate for a shorter amount of time.
- ▶ Let your thoughts, feelings and sensations move, holding your body relatively still. You may start with any practice you feel comfortable with, and change the focus of your practice at any time during the session.
- ▶ If you feel overwhelmed at any point, you can open your eyes, you can bring your focus to an object (your body, a phrase or picture, the breath), or you can get up and move around.
- ▶ At the end of your meditation session, reflect back upon your experience by writing it down or simply remembering.
- ▶ Although we don't have time in this online session, we encourage you to explore your experience with a teacher, peer or friend.

*These daily offerings have been organised by a peer group of
reflective meditators and teachers around Australia.*

*Each person has a different level of experience with facilitating
groups and want to offer this freely.*

*If you wish to make a donation to your facilitator, please contact
them directly by above email, as each has a different relationship to
and process for dana (donation).*

May all beings live in peace, harmony and care
A deep bow

Anna Markey, Jenny Taylor, Kate Joy, Marc Wilson
Robyn Grey-Gardner, Tina Gibson.