

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 45 minute silent, daily practice free of charge.

You are welcome to invite others, but do please ask them to email us on ejkertes@gmail.com and we'll send them these guidelines. It is important that we have everyone's email address so we can reach out if a session needs to be cancelled or we are having a short break.

Online meditation sessions will be offered every day at:

- ▶ 8.00 am in Adelaide – this stays the same, while other places may change
- ▶ 8.00 am in Alice Springs
- ▶ 8.30 am in Sydney
- ▶ 10.30 am in New Zealand

Facilitators

Each day there will be a different facilitator, at times they may need swap and change. Most facilitators offer the sessions in the Reflective Meditation (RM) style.

- ▶ Monday – Liz H or Sue G
- ▶ Tuesday – Marc
- ▶ Wednesday – mini prompt. Jenny (RM teacher)/Liz H/Liz K
- ▶ Thursday – Anna (RM teacher)
- ▶ Friday – Robyn
- ▶ Saturday – Bobbi
- ▶ Sunday – Jenny /Tina /Nique (Extra 30 mins optional for discussion with these RM teachers)

Zoom room:

Our online meetings are held using Zoom, once you have been in touch with Liz she will forward you the Zoom link. ejkertes@gmail.com

Schedule

- ▶ 5 minutes dharma prompt/poem/talk
- ▶ 30 minute silent meditation
- ▶ 5 minutes reflection

- ▶ 5 minutes sharing/closing.

The session will begin on time and in some circumstances we may go over time. You are welcome to silently leave / join the session at any time you wish.

Practical meeting guidelines

- ▶ Log in a few minutes early. Don't be alarmed if no one is there until 7.55!! Please mute your device/keep silence when you come onto the call.
- ▶ Choose Gallery View (top right hand corner of video). Mute microphone and Stop video functions are on the lower bar.
- ▶ We ask that you sit in a private room *whenever possible*. A headset with a built in microphone is optimal, but not required.
- ▶ Mute your microphone at all times. Unmute *only* when you want to speak at the end of the session. You can choose to have your video on or turn it off for meditation. If you are using an iPad or smartphone, please stabilize the device. If you move around, please turn video off.

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 reflective meditation practice

- ▶ Choose a comfortable position. We will be meditating for about 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 organized by a peer group of
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 use this
account number and we share the donations between us.*

BSB 633000 Acc 143814093 A Markey

May all beings live in peace, harmony and care.

A deep bow.

Anna Markey, Angela Pink, Bobbi Allan, Jenny Taylor, Liz Hobbs, Liz Kertesz, Marc
Wilson, Nique Murch, Robyn Grey-Gardner,
Sue Grant, Tina Gibson.