

# LIVING IN THE MOMENT

## MEDITATION & MINDFULNESS



Mindfulness is living in the present moment. Mindfulness protects our mind from unskillful thoughts and emotions. Without mindfulness we simply act out all the various patterns and habits of our conditioning. The great power of mindfulness allows us to abandon what is unwholesome and cultivate the good. When we live in the present moment our mind is stress free. This gives health & wellbeing to our mind and body.

We will explore the 4 foundations of mindfulness and how to use it in our daily lives.

We will do breath meditation, walking meditation, meditation on sensations, meditation on the mind, drinking tea meditations & loving kindness meditation. We will look at how to deal with pain during meditation.

Sama is a buddhist nun. She has been practising meditation with a range of teachers.

Suitable for both beginners & experienced practioners

**When: Saturday 13 July 2024 2 pm – 5 pm**

**At: Women's Health Centre 225 Bolsover St R'ton. Corner Derby St**

**Fee: \$ 20 or by donation. For people teaching mindfulness \$ 50-100 includes afternoon tea**

**Contact: [rockhamptoninsightmeditation\(at\)gmail.com](mailto:rockhamptoninsightmeditation(at)gmail.com) or 0478630888 rsvp**