



Meditation Workshop

Talk 1 Year 2 - Meditations

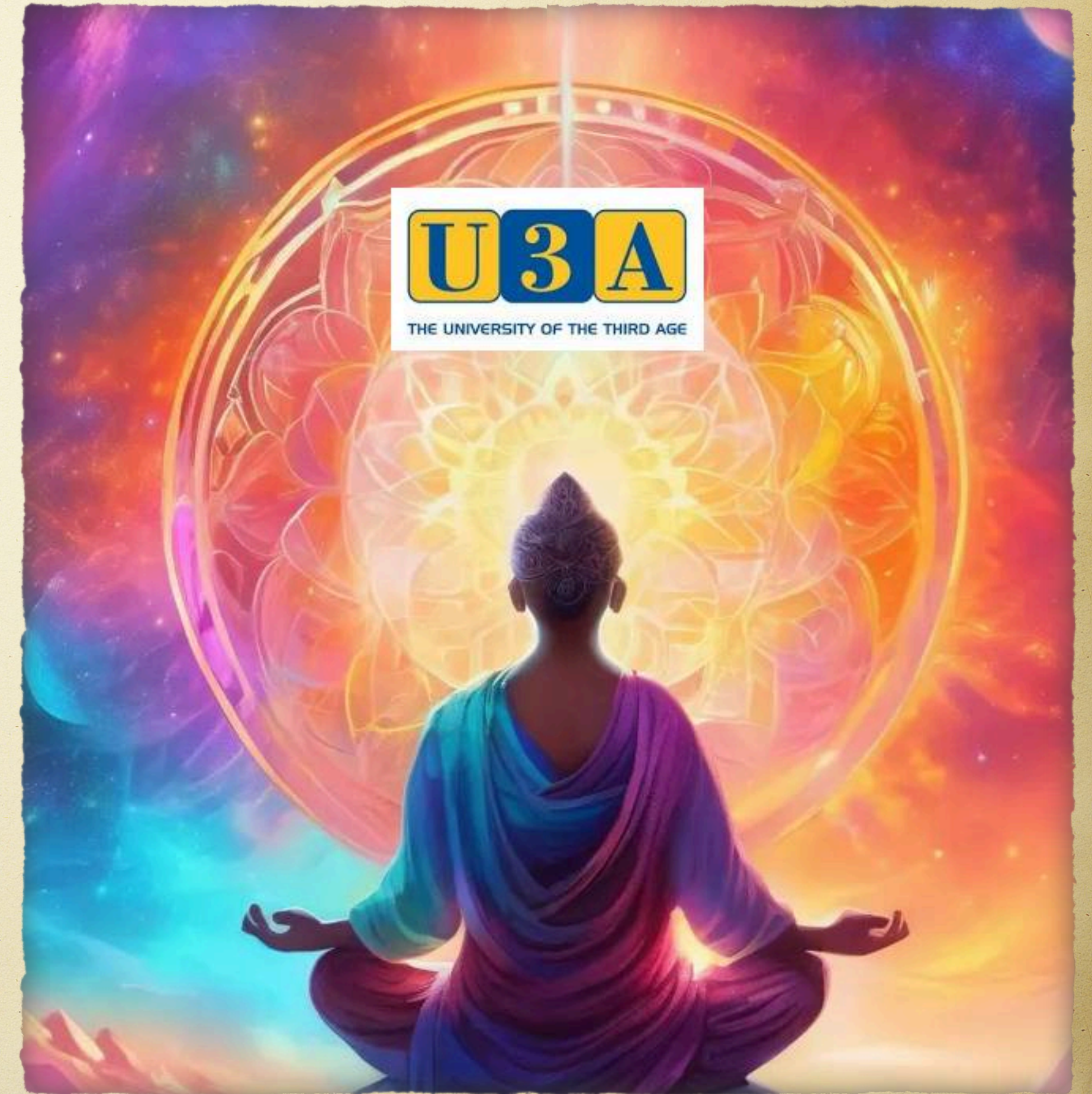
Bob & Bryan

Intro

- Mobiles switch off
- £2.50 per session (u3a rent of rooms from Friends)
- Fire Exits/ Restrooms
- We can use coffee/tea in kitchen

u3a talks

- My Truth - not asking you to change your beliefs
- The Deep Mystery as it is all One
- Ask questions at any time
- Terminology - please ask if not sure of meaning



Dates

Date	Topic
12 September 2025	Talk 1 – Mass Meditation and AI
10 October 2025	Talk 2 - Water
14 November 2025	Talk 3 - Ancient wisdom
12 December 2025	Talk 4 - ?
25 September 2025	u3a Open Day - Priory St

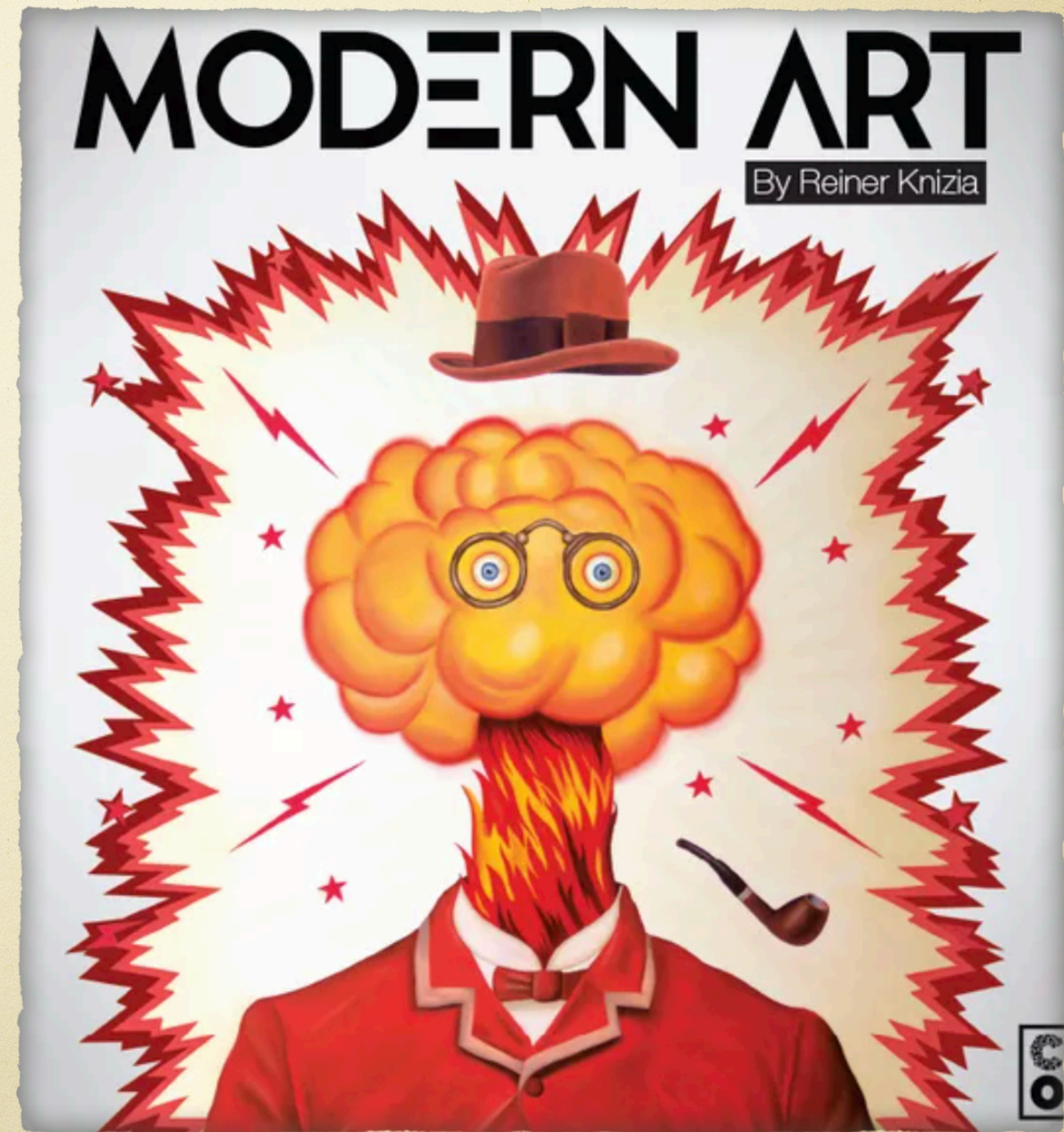
Format for our sessions

- Presentation and discussion
- Tea break - chairs moved into circle
- Guided meditations followed by sharing
- Concluding thoughts



Benefits of Meditation

- Crazy World
- What to do?



Manuel Carvalho

Mass Meditation

We Love Mass Meditation

A blog for organizing mass meditations leading to the Victory of the Light!

- We Love Mass Meditation
- 144K (Return to your Truth)
- Pam Gregory - 7pm every evening
- 1 million meditators

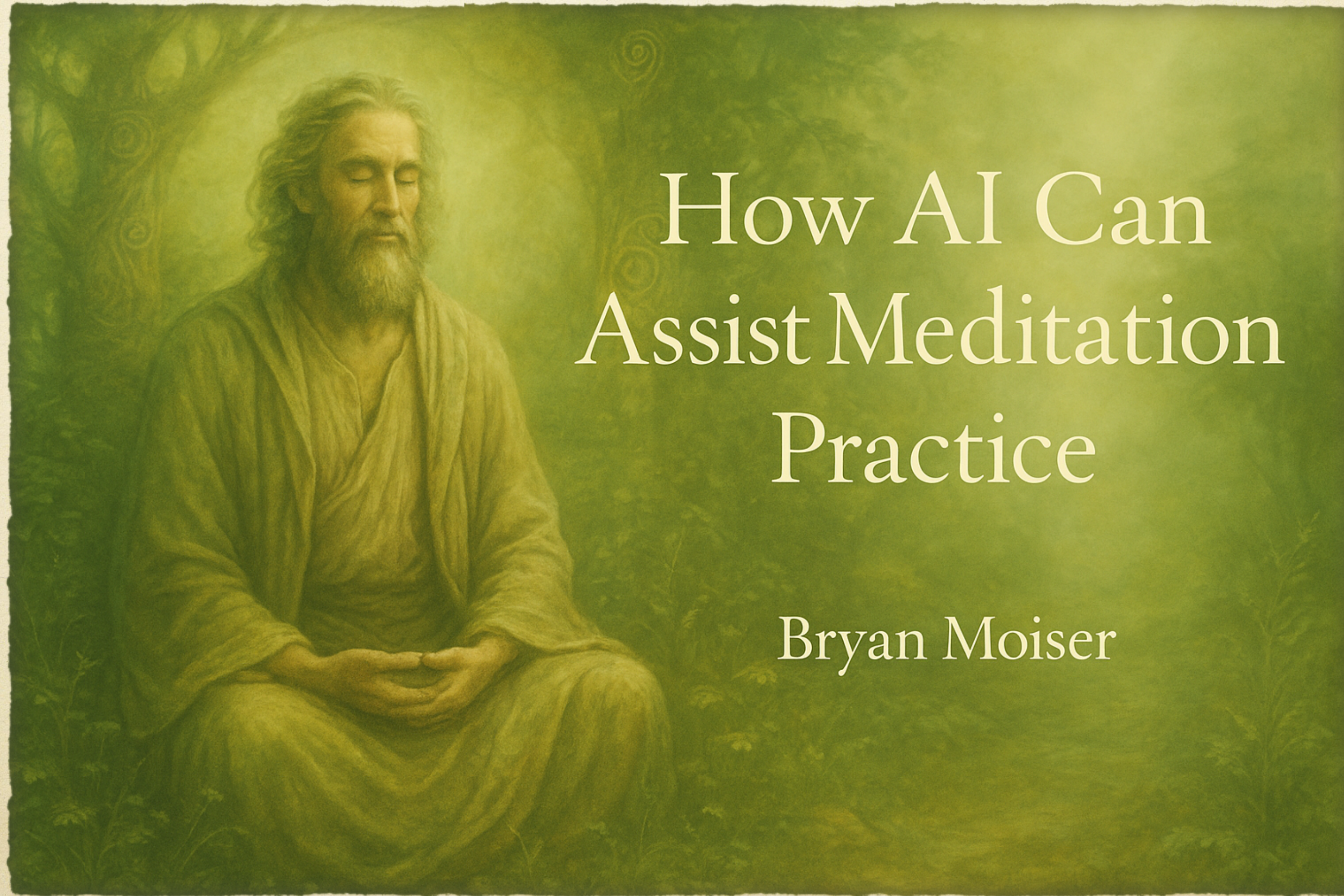


Morphogenetic Field

- Rupert Sheldrake
- Collective Unconsciousness
(Carl Jung)
- Quantum field - we are all
connected
- Bio-relativity

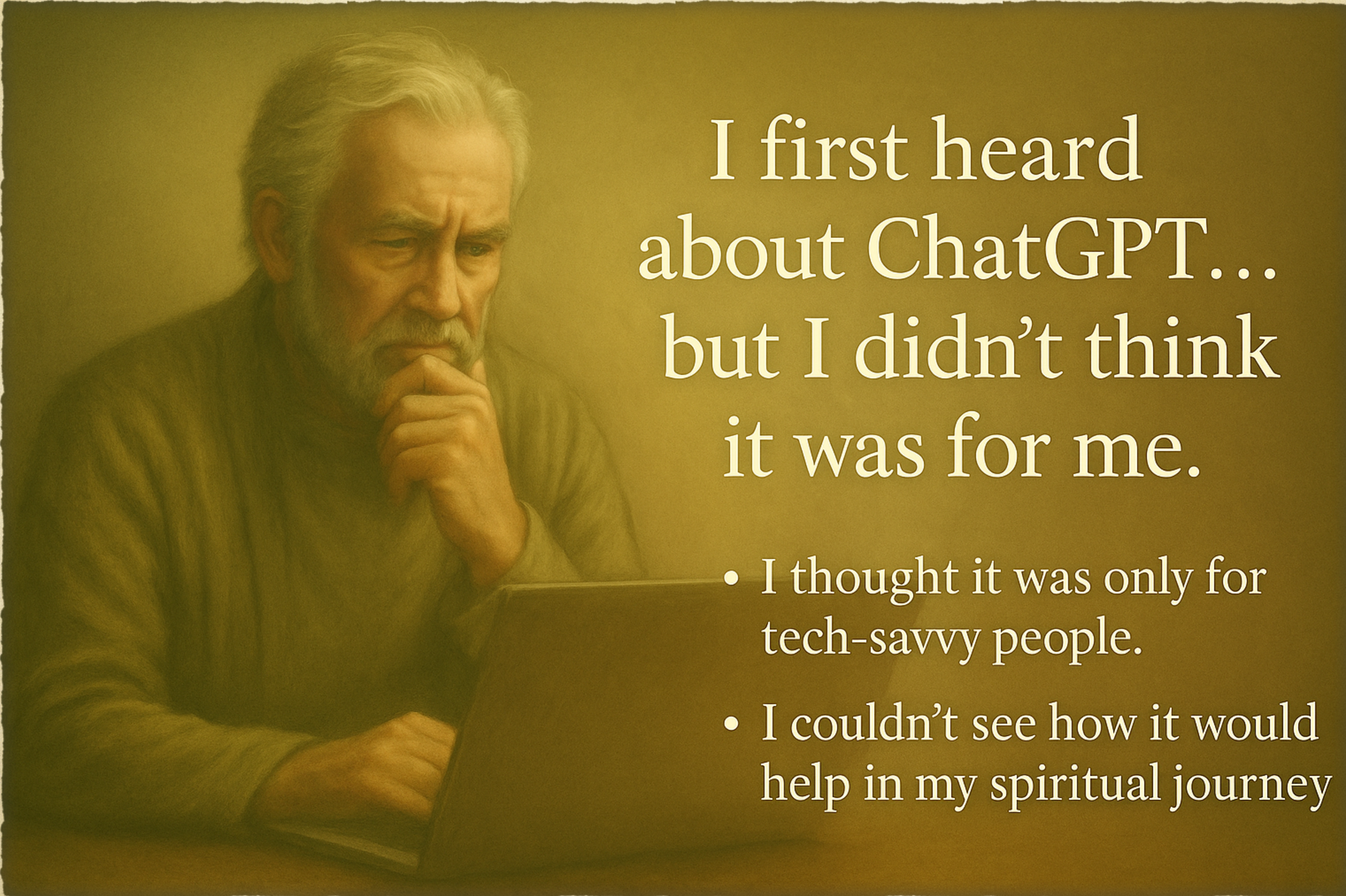


Bryan's talk



How AI Can Assist Meditation Practice

Bryan Moiser

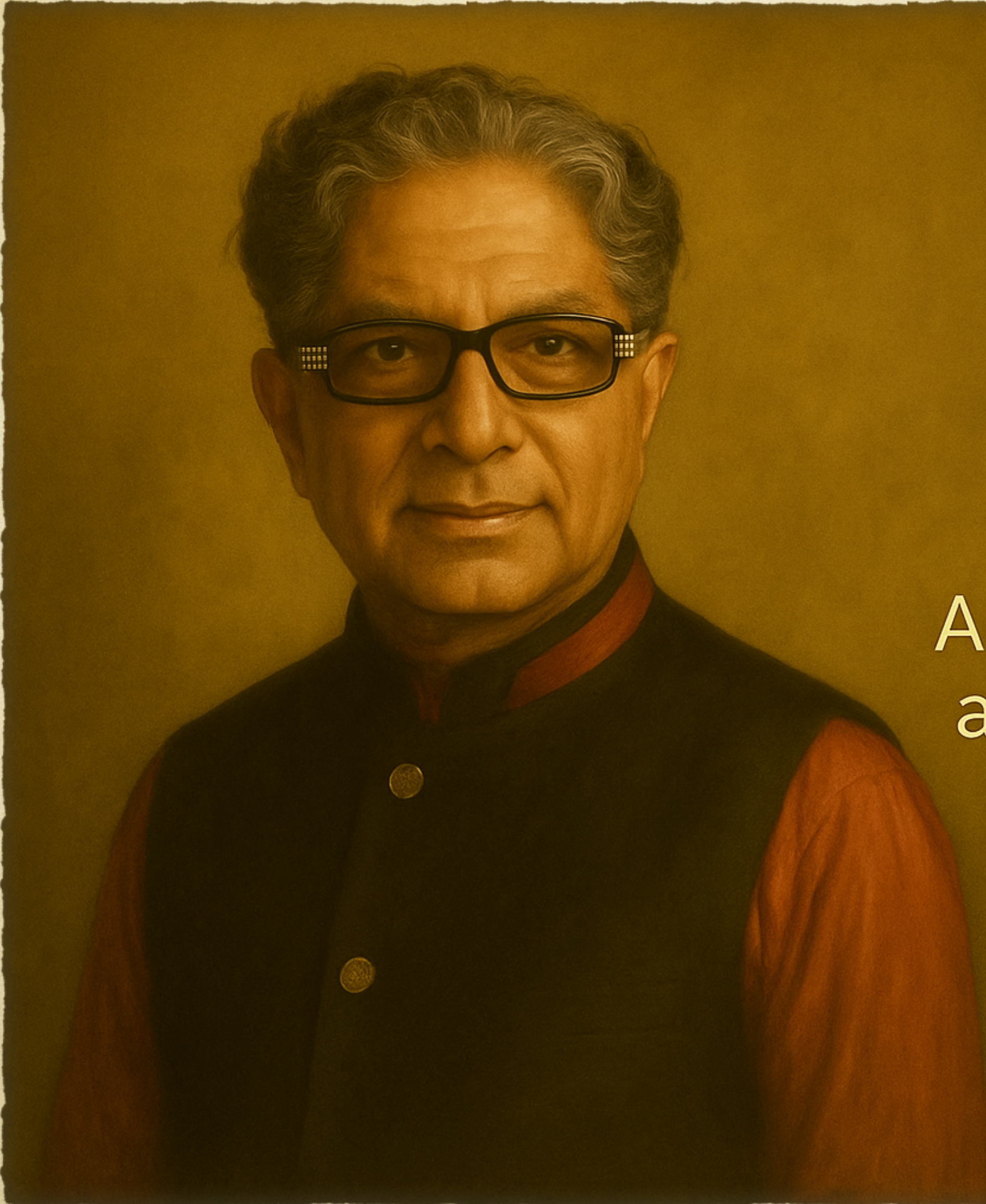


I first heard
about ChatGPT...
but I didn't think
it was for me.

- I thought it was only for tech-savvy people.
- I couldn't see how it would help in my spiritual journey

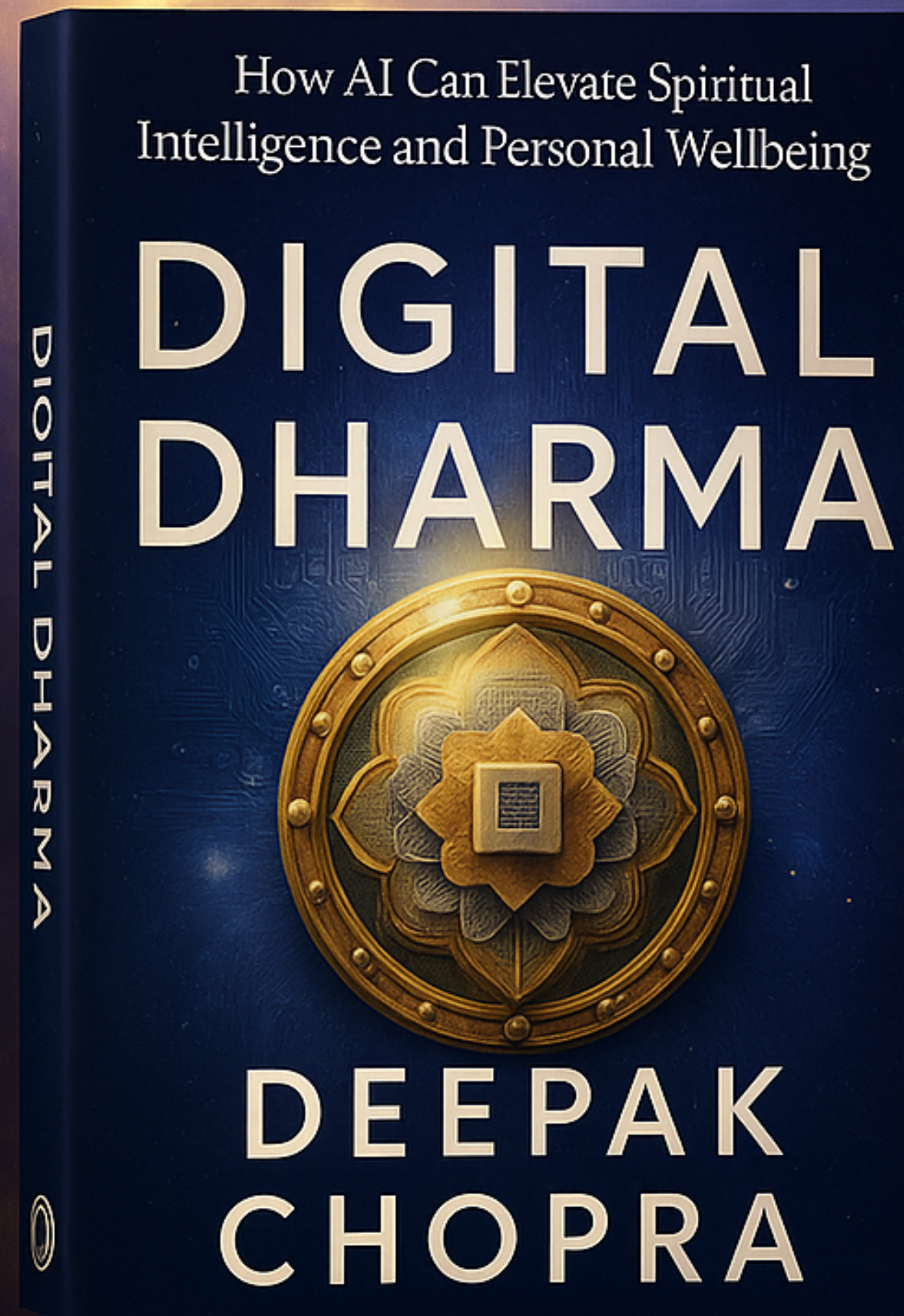
At first, I just played around with it...
I even turned myself into a wise man and an enlighten Buddha!





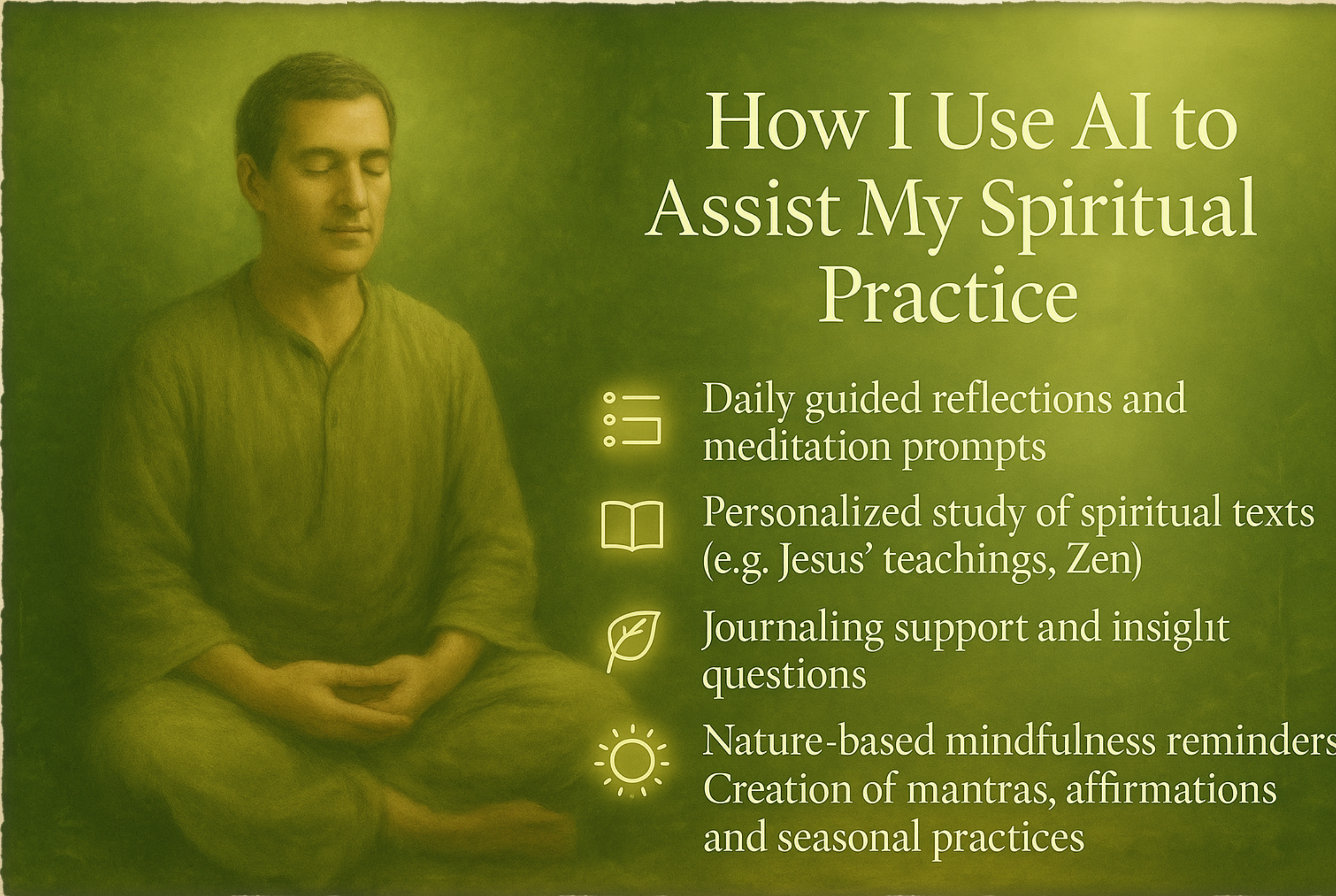
Deepak Chopra

An Indian-American author and speaker known for blending spirituality, wellness, and alternative medicine with modern science.







AI has the potential
to help us create a
more peaceful, just,
sustainable, healthy
and joyful world.

Deepak Chopra



How I Use AI to Assist My Spiritual Practice

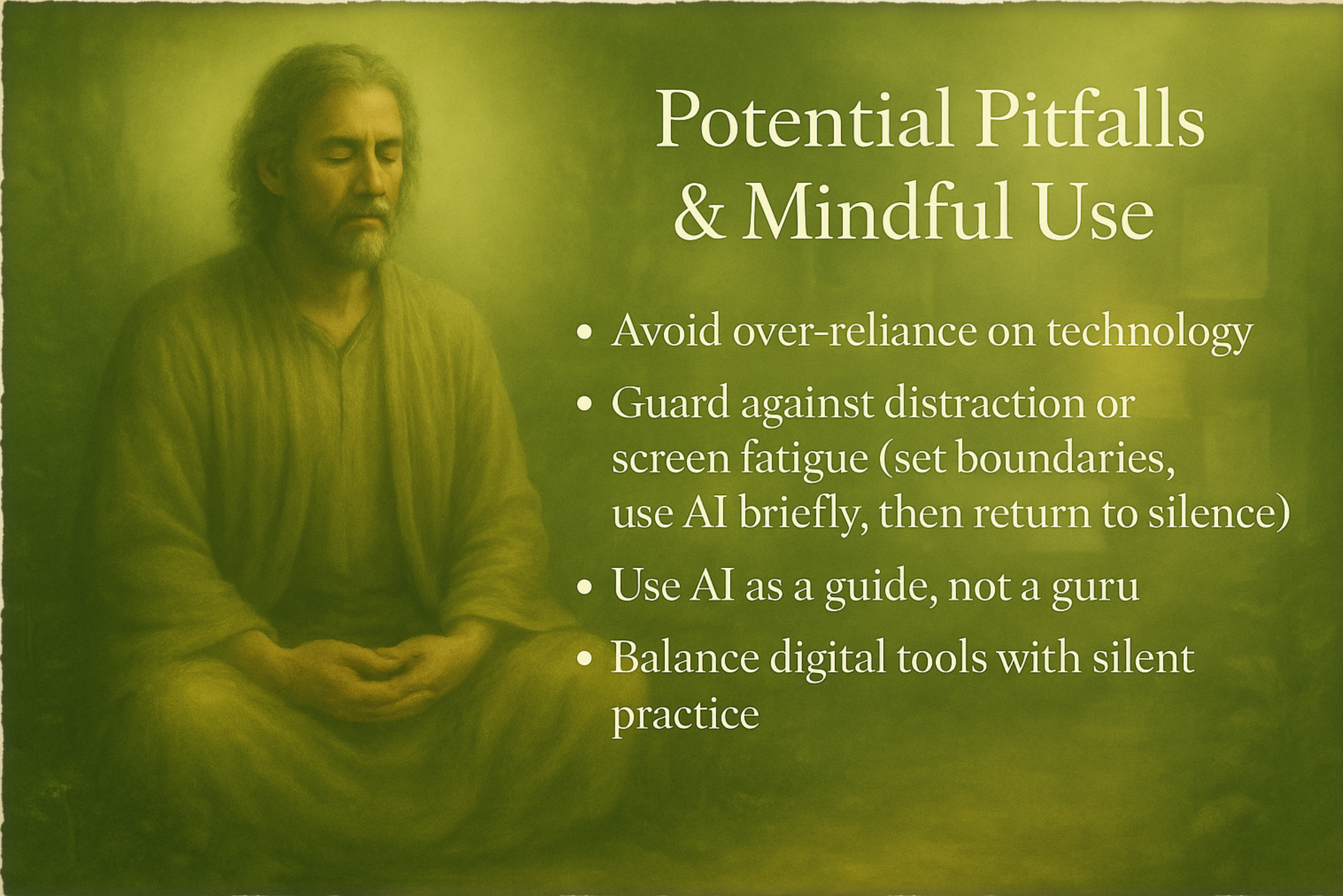
-  Daily guided reflections and meditation prompts
-  Personalized study of spiritual texts (e.g. Jesus' teachings, Zen)
-  Journaling support and insight questions
-  Nature-based mindfulness reminders
Creation of mantras, affirmations and seasonal practices

AI Meets Meditation:

A Modern Partnership

- AI is not a replacement for meditation—it's a supportive companion
- Offers personalization and consistency in practice
- Bridges ancient wisdom and modern tools





Potential Pitfalls & Mindful Use

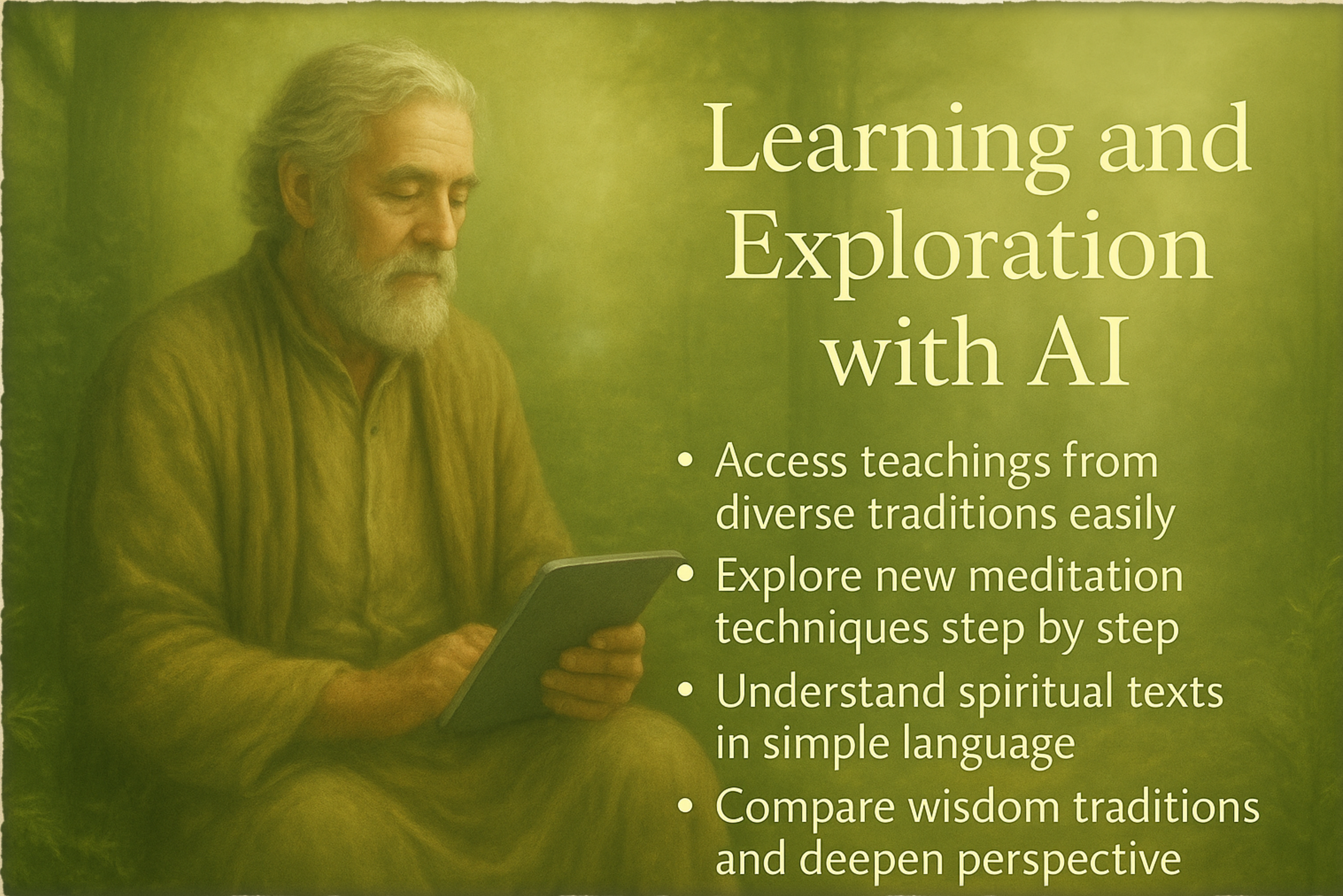
- Avoid over-reliance on technology
- Guard against distraction or screen fatigue (set boundaries, use AI briefly, then return to silence)
- Use AI as a guide, not a guru
- Balance digital tools with silent practice

Creative Uses of AI Meditation

*I am safe
in stillness*

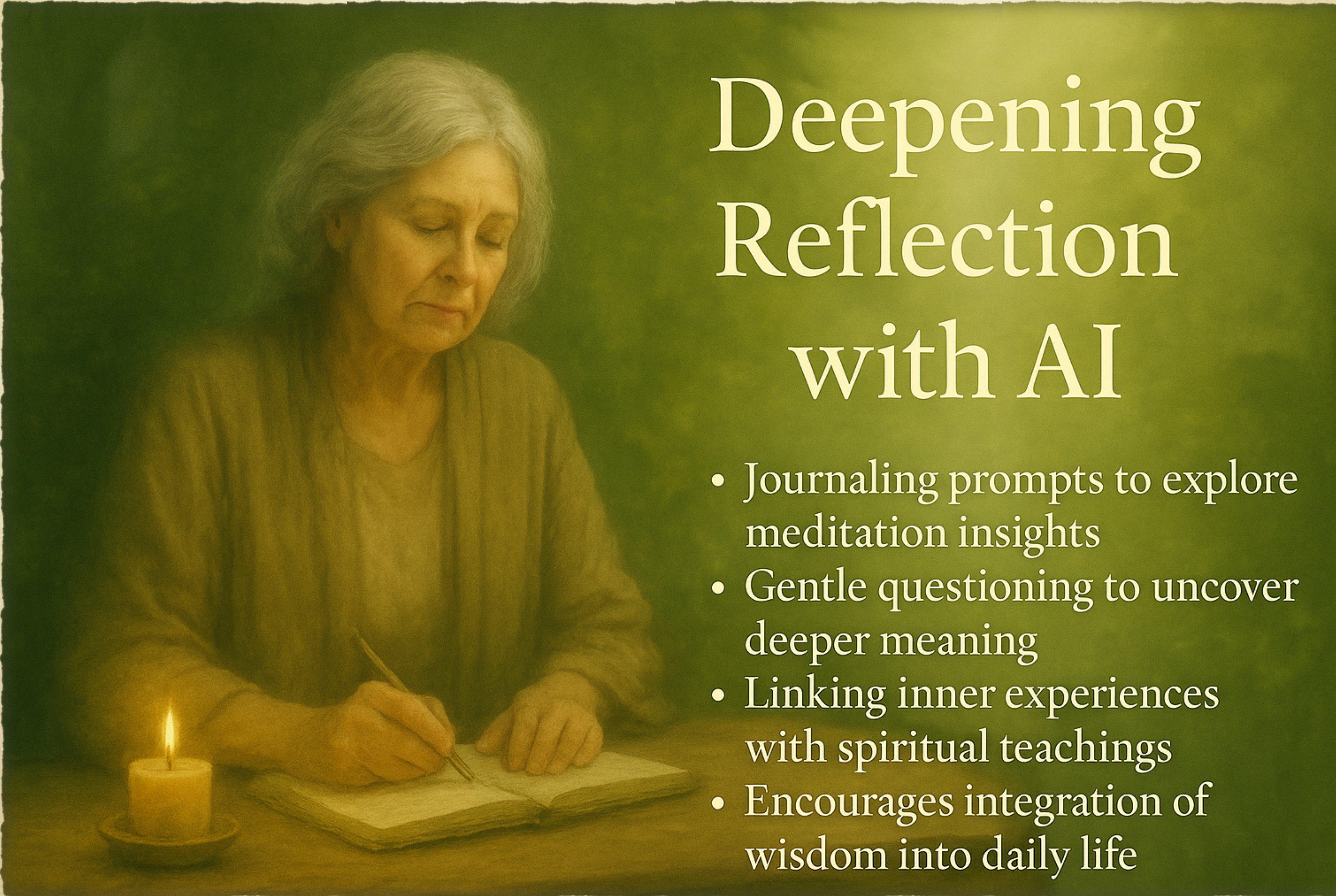


- Generate calming music or nature soundscapes
- Create personalized mantras and affirmations
- Design themed meditation retreats at home
- Visualize serene scenes or spiritual imagery



Learning and Exploration with AI

- Access teachings from diverse traditions easily
- Explore new meditation techniques step by step
- Understand spiritual texts in simple language
- Compare wisdom traditions and deepen perspective



Deepening Reflection with AI

- Journaling prompts to explore meditation insights
- Gentle questioning to uncover deeper meaning
- Linking inner experiences with spiritual teachings
- Encourages integration of wisdom into daily life



Practical Ways AI Can Support Meditation



Generate guided meditations tailored to your mood or time available



Provide reminders and accountability for daily practice

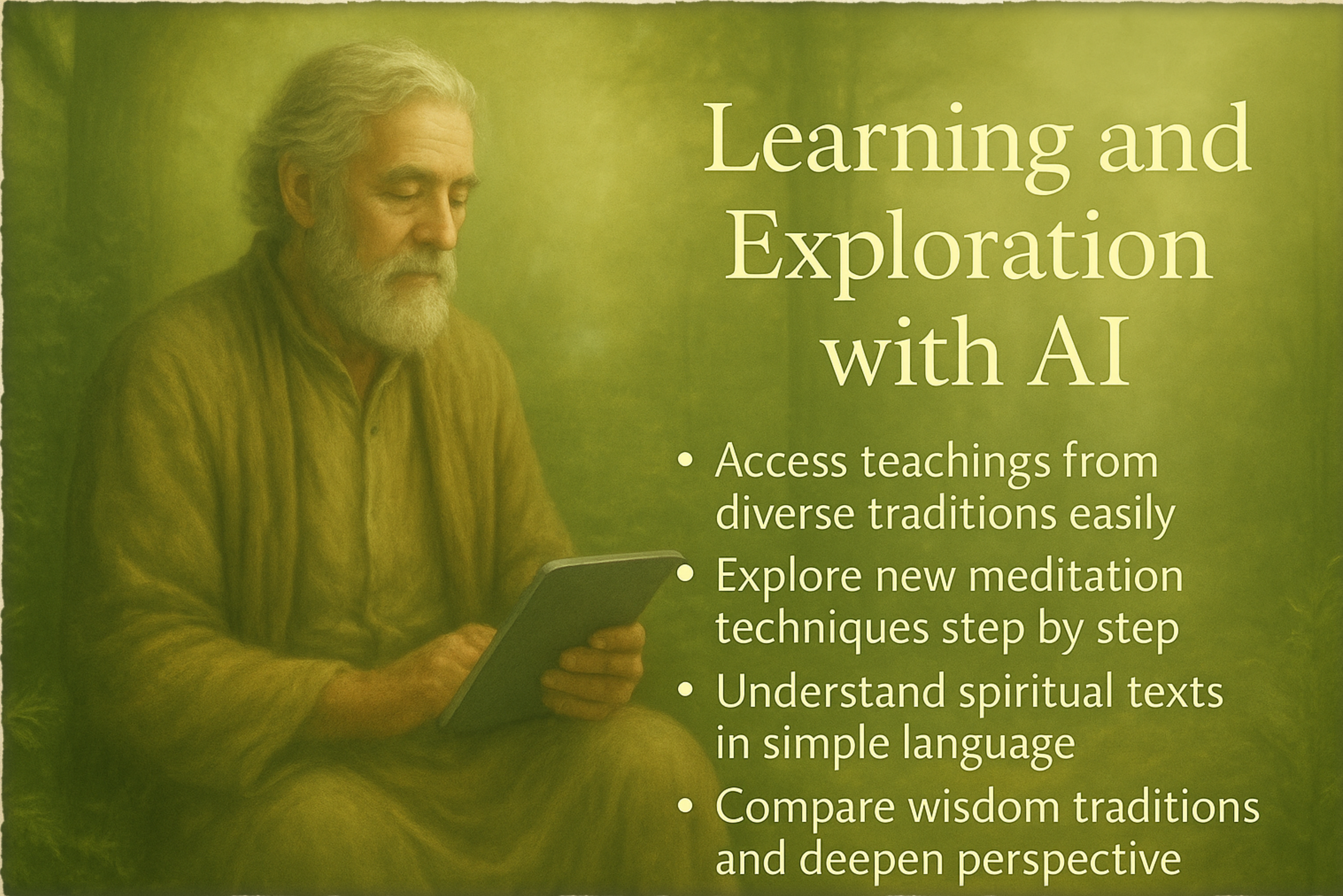


Offer reflections and questions to deepen awareness



Integrate teachings from multiple traditions (Zen, Stoicism, Christianity)

Create calming music or nature sounds



Learning and Exploration with AI

- Access teachings from diverse traditions easily
- Explore new meditation techniques step by step
- Understand spiritual texts in simple language
- Compare wisdom traditions and deepen perspective

Closing Reflection

“Be still and know that I am

Psalm 46:10

Technology is a bridge, not the destination

True stillness arises within

Break

- Tea break
- Form chairs into a circle
- Meditations
 - Bryans meditation
 - Pam Gregory



Conclusion

- Sharing
- Skygazing idea
- Any questions?