



Meditation Workshop

Talk 5 Year 2 - Love

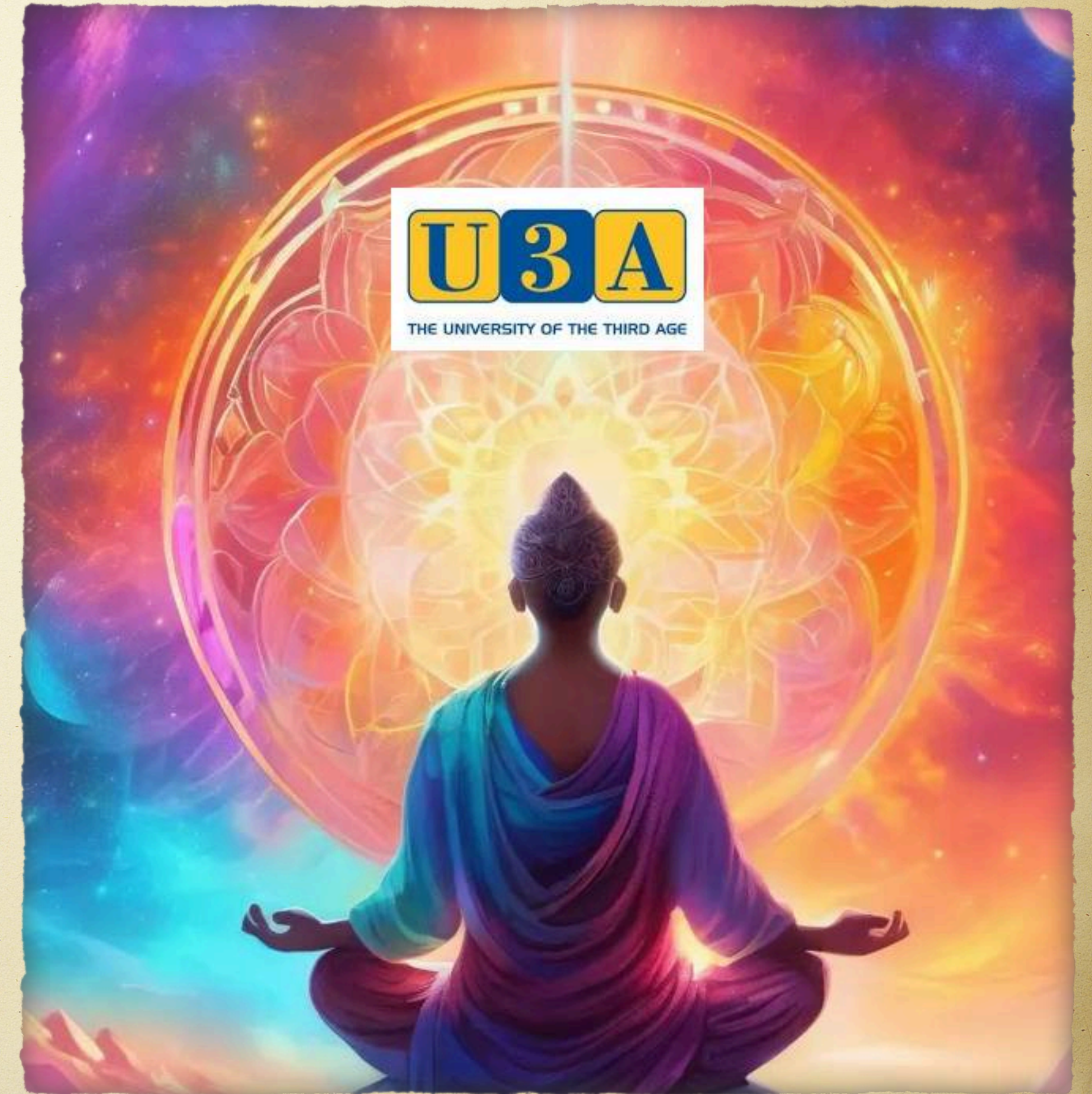
Bob Ocean

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 - DO YOU OWN RESEARCH
- 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 - Oversoul
12 December 2025	Talk 4 - I AM & Cosmic Consciousness
9 January 2026	Talk 5 - Love & India
13 February 2026	Talk 6 - AI & Angkor Wat

Format for our sessions

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



The Simplicity of Love

- Quantum entanglement - strength depends on love
- Sphere of Love surrounding Earth
- Different Types of LOVE



Types of Love

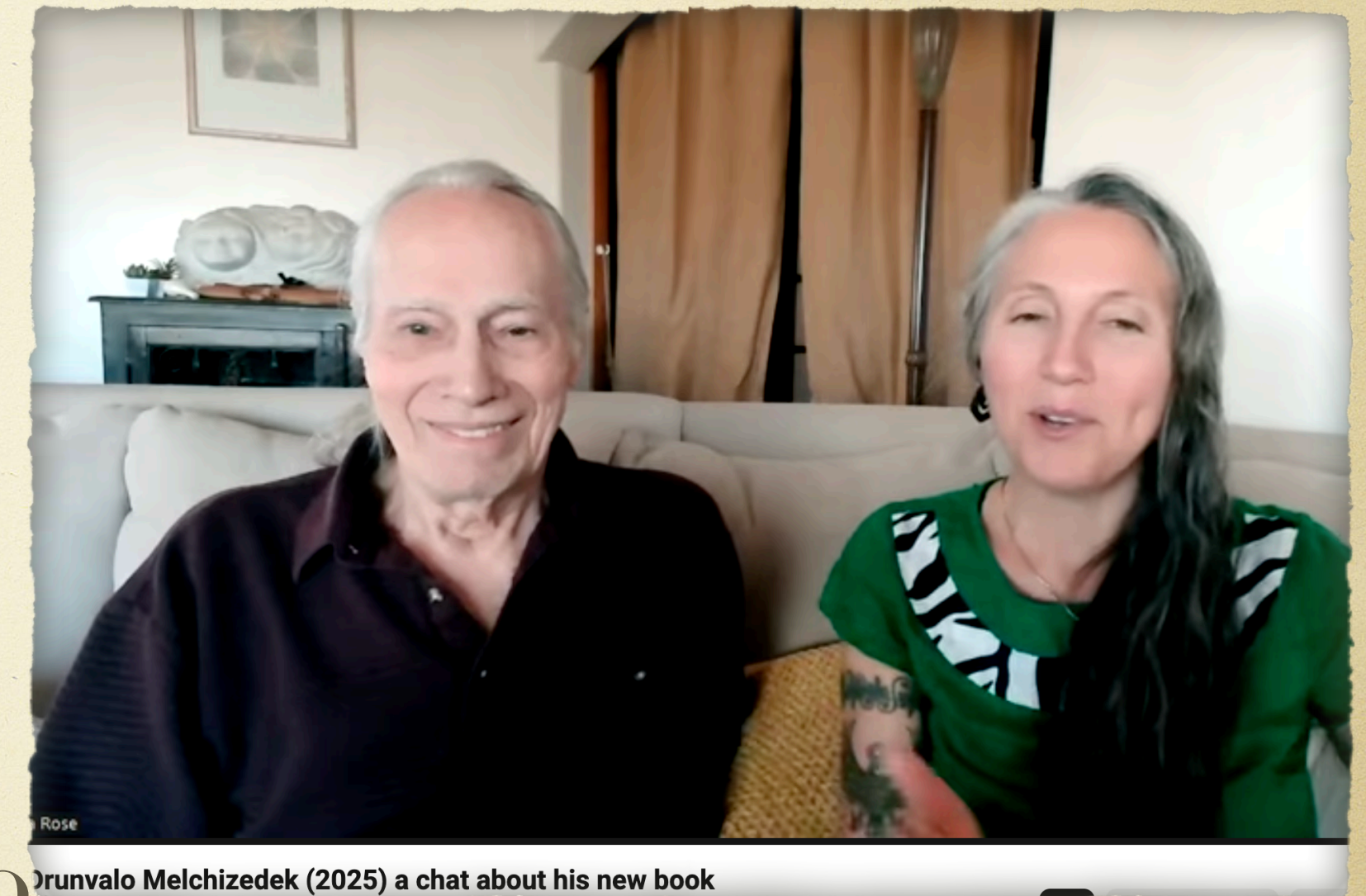
- Romantic love (Eros)
- Family love
- Patriotic Love
- Agape (Greek word for selfless love)
- Unconditional love - higher chakras

Unconditional Love

- Heart centred
- Accepting
- Forgiving
- Full of gratitude
- “Christ like”
- 8th & 9th Chakras

Unity Heart Med

- Drunvalo Melchizedek
- Flower of Life Vol 1 & 2 (book 3?)
- Recommendation -> Unity Heart meditation
- Sphere surrounding Earth - aligned with info from Cobra (see next slide)



Viola Rose YouTube

Cobra planetary update

Dec 2025

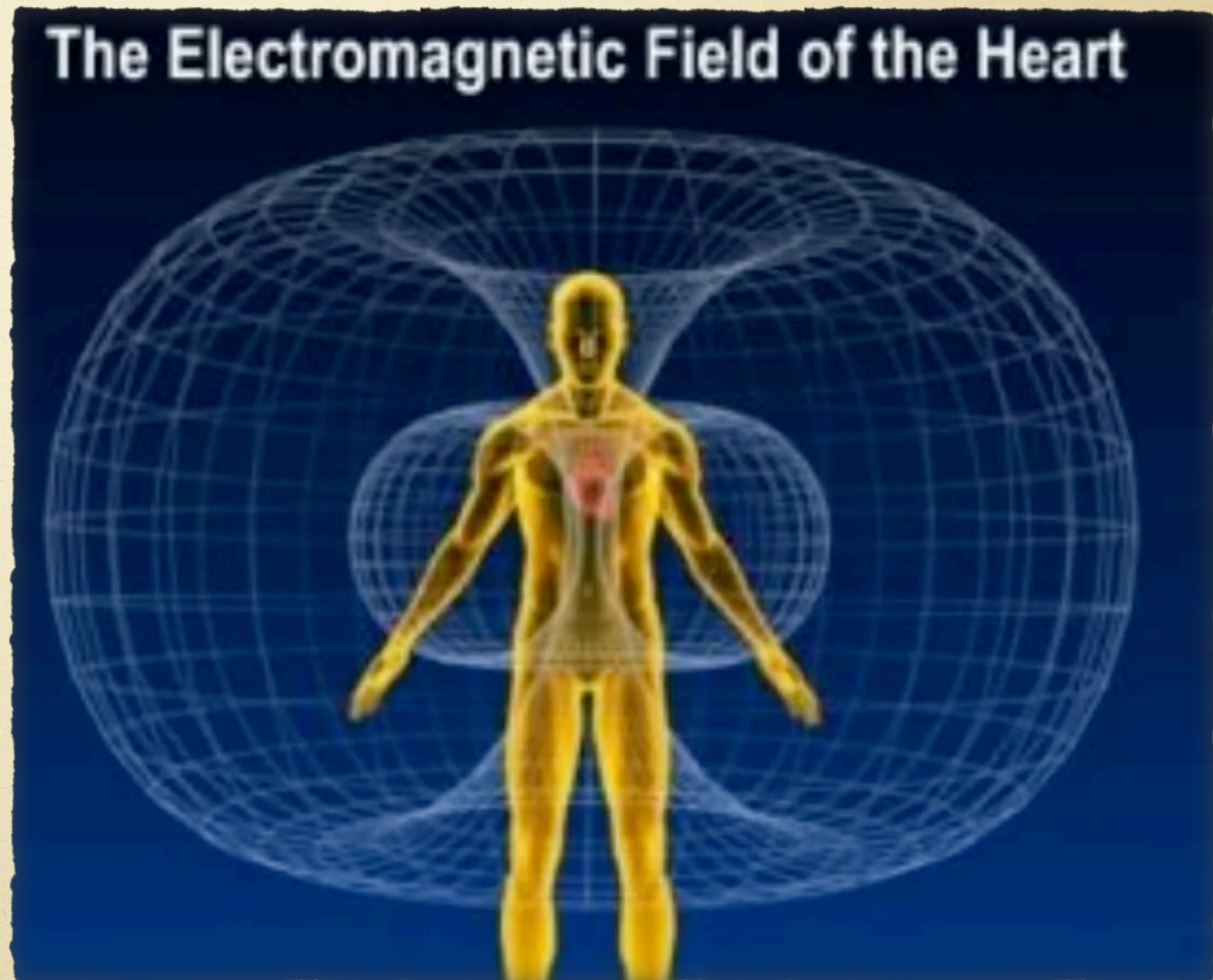
- A huge cosmic angelic being from the M87 galaxy, named Aaea, has embraced the whole Solar System with energies of cosmic Love. This angelic being extends from the heliopause outwards in all directions until the edge of the Oort cloud about 1 light year away, and is roughly spherical in shape.
- It looks like a beautiful puffy cloud of violet pink color with extremely high vibrational frequency and constantly emanates very high frequency Love energies into the Solar System.

<https://2012portal.blogspot.com/>

Heart Math Coherence

+♥ HeartMath® Institute
A Nonprofit Organization

- Heart Breathing
- Heart Focus
- Heart Feeling
- Global Coherence
- Free eBook



HeartMath - Gadget



Introducing ...

Inner Balance™ Coherence Plus

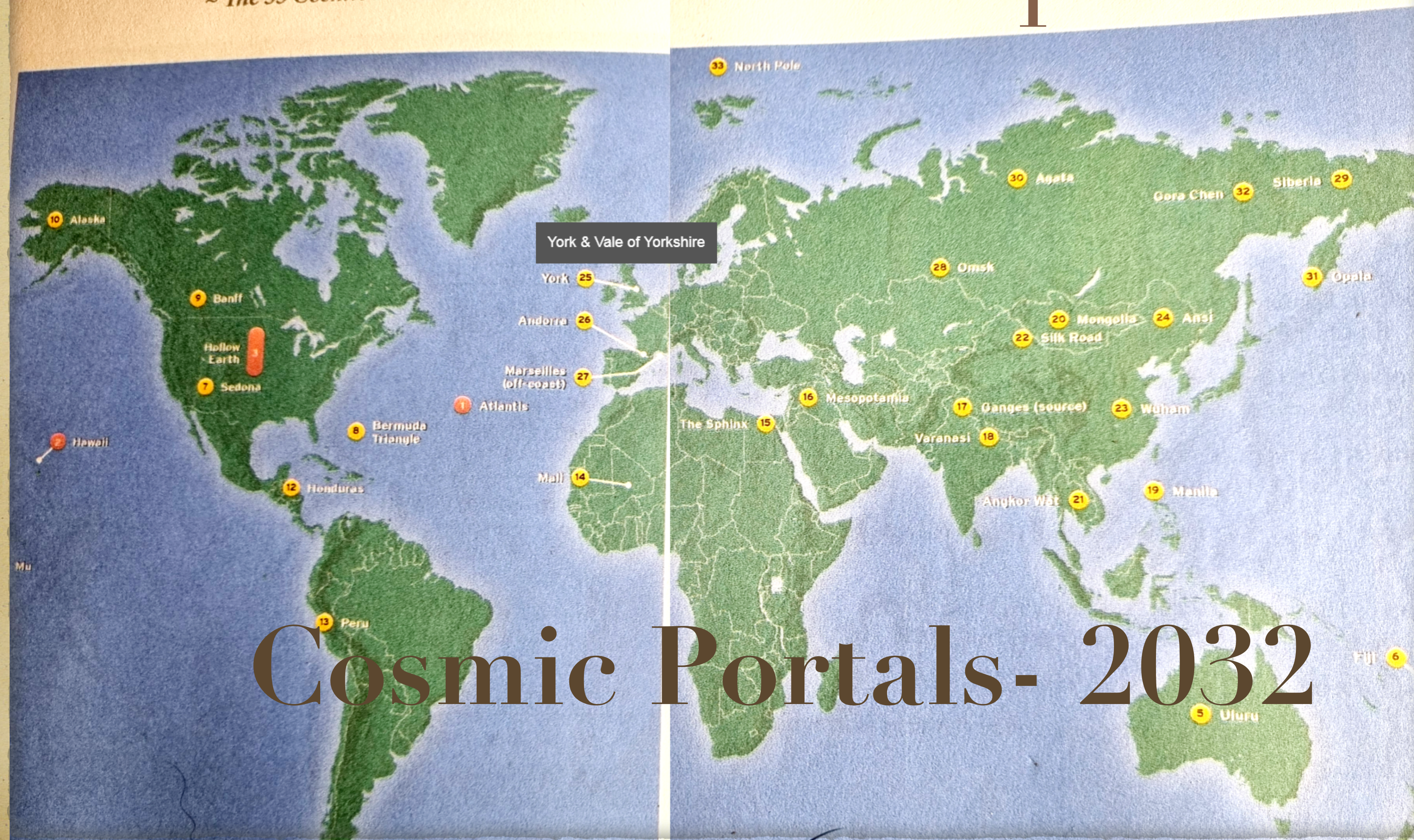
Our most advanced sensor and app yet!

[Learn more](#)



~ The 33 Cosmic Portals ~

Diana Cooper



Cosmic Portals- 2032

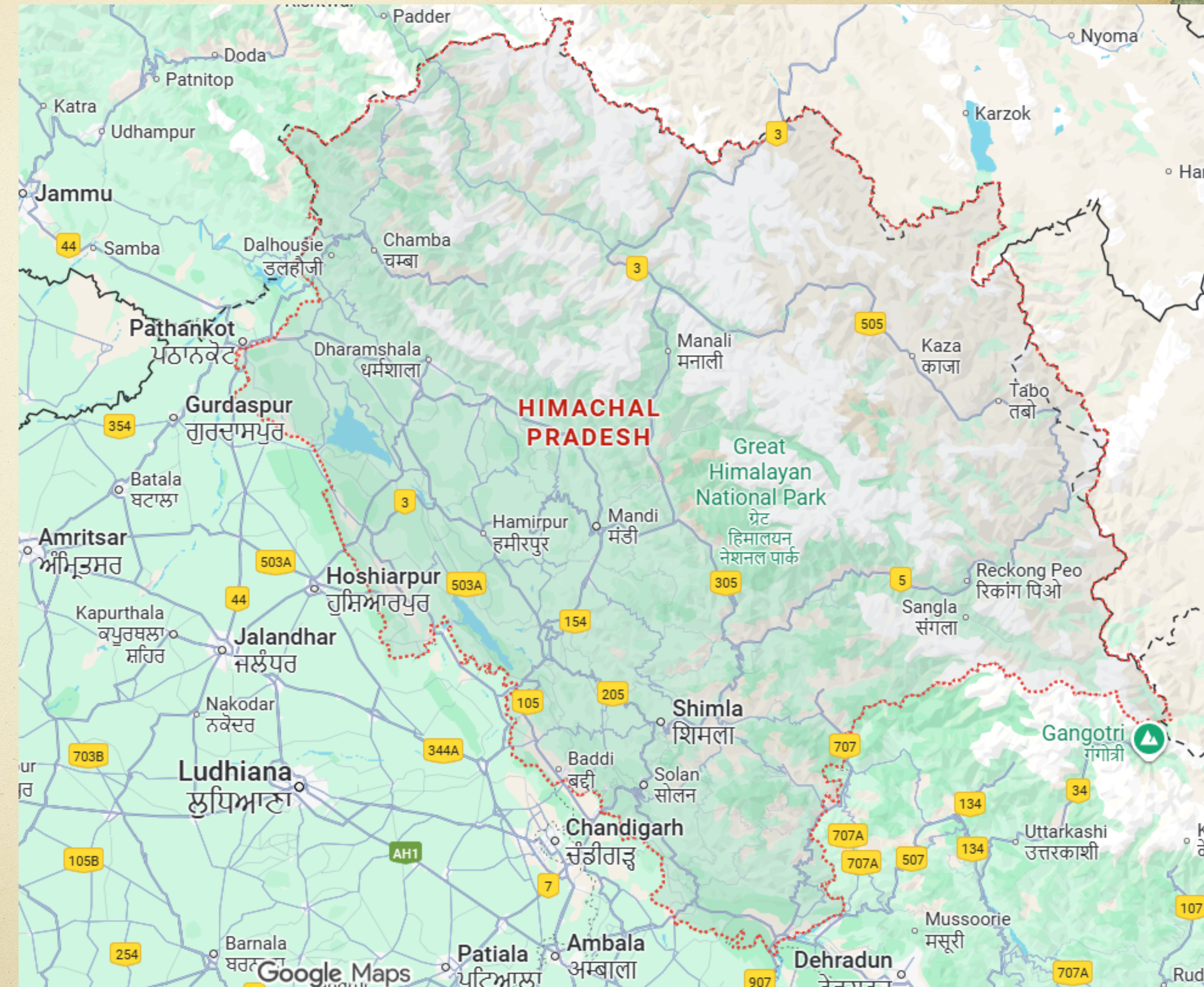
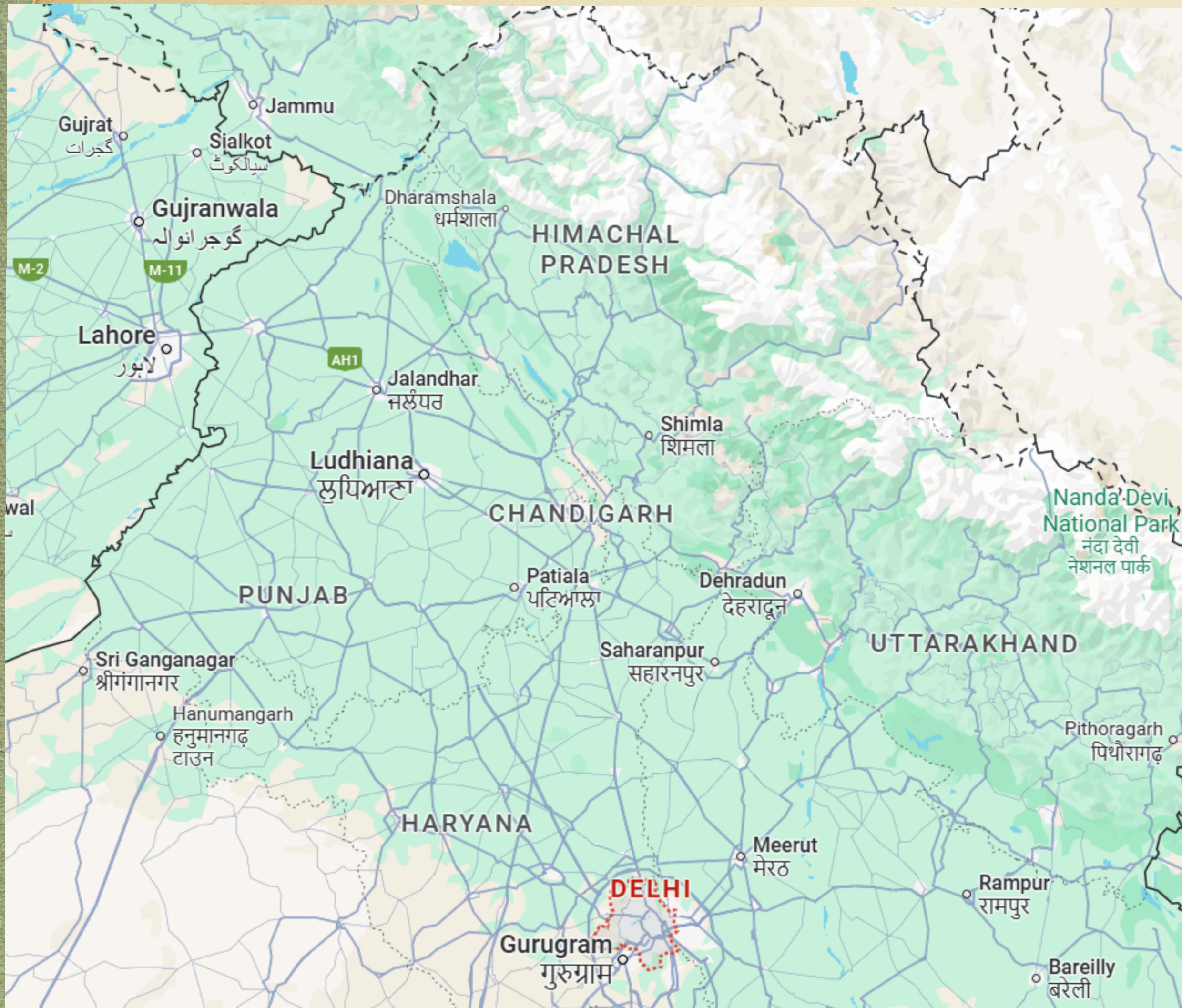
DCSWL Reunion 2025



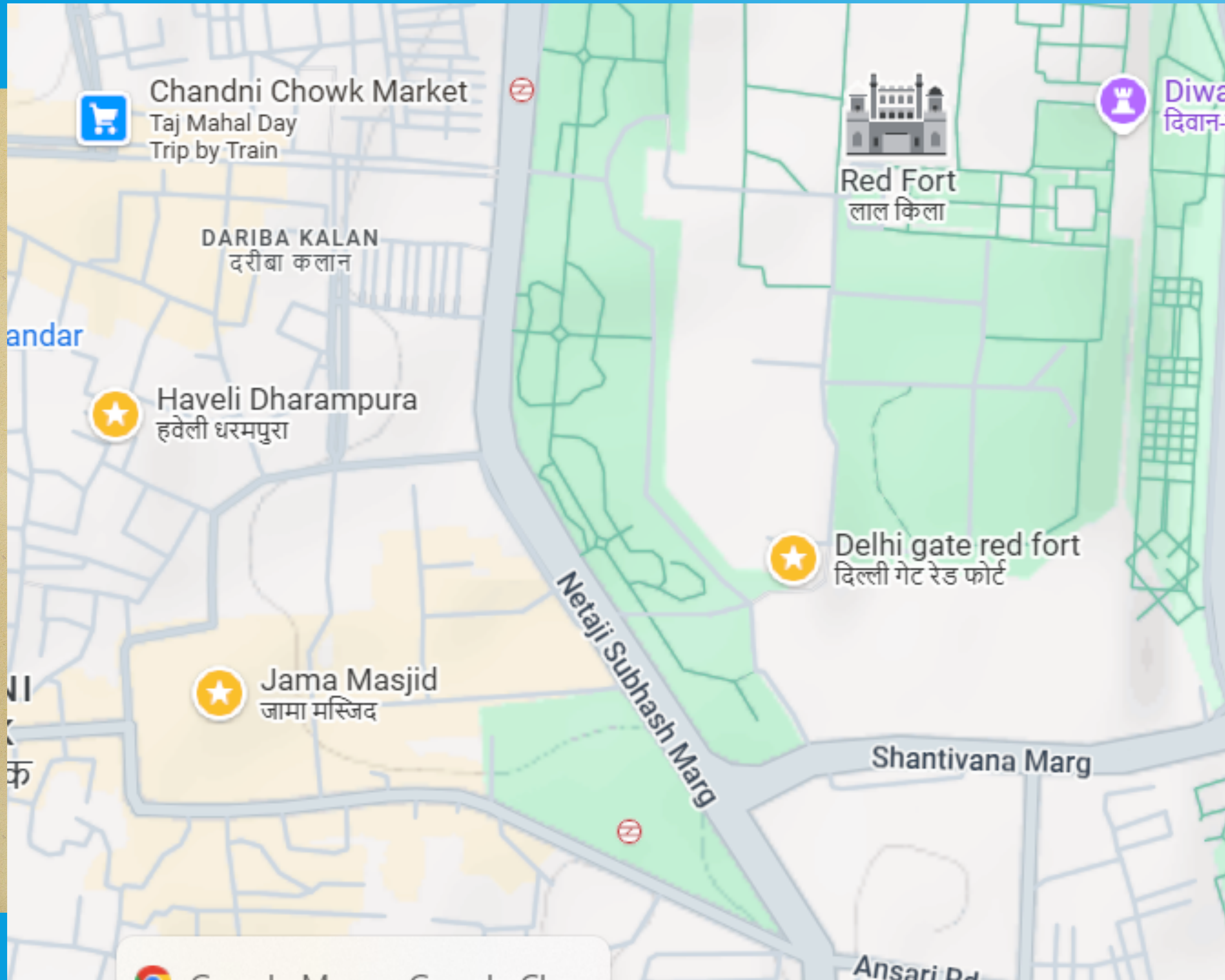
Sheila visits India September 2025



Himachal Pradesh



Old Delhi



Haveli Dharapura, Old Delhi



Jama Mosque



Red Fort



Amoha Retreat Hotel, Himachal Pradesh



Himachal Pradesh



Norbulingka Institute

Gyuto Monastery

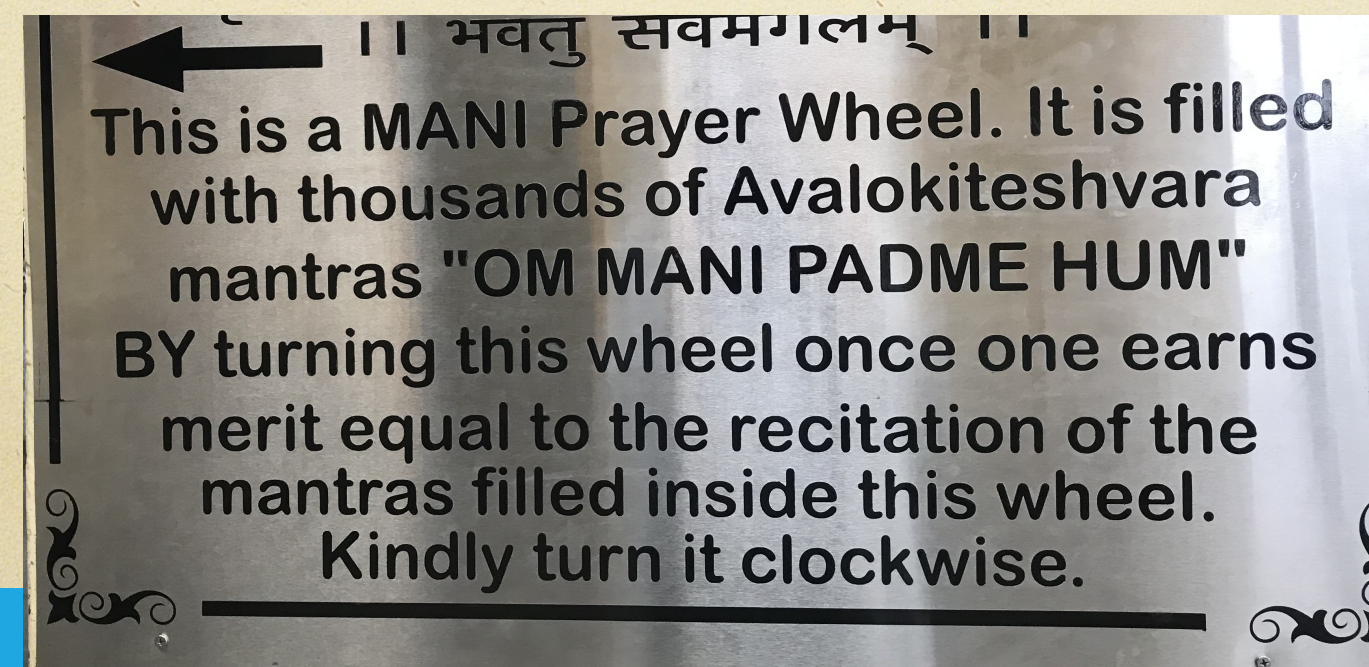


Gyuto Tantric-Ramoche Monastery

Mcleod Ganj, Tsuglagkhang Complex, Himachal Pradesh



Tsuglagkhang Complex,
Dalai Lama's Home



Masala Tea



Iain's Adventure

7th September 2025 Diana Cooper's 85th Birthday



Sheila and Iain's Adventure starts in Himachal Pradesh

Gyuto Tantric College



The Hobbit House, Bir



Tea Plantation



Bajinath Hindu Temple

Himachal Pradesh

McLeod Ganj,
Hotel Udechhee Huts



Kangra Fort



Bir 4970 feet &
Billing 8000 feet altitude

Punjab



Amritsar, Sikhi's Golden Temple



Attari, India + Wagah, Pakistan,
Daily Event Closing Border

Break

- Tea break
- Form chairs into a circle
- Meditations
 - Unity Heart
 - Heartmath guided meditation
 - Diana Cooper - Monadic Merge
 - Sheila's Light meditation



Conclusion

- Sharing
- Any questions?