



Meditation Workshop

Talk 4 - Subtle Energy

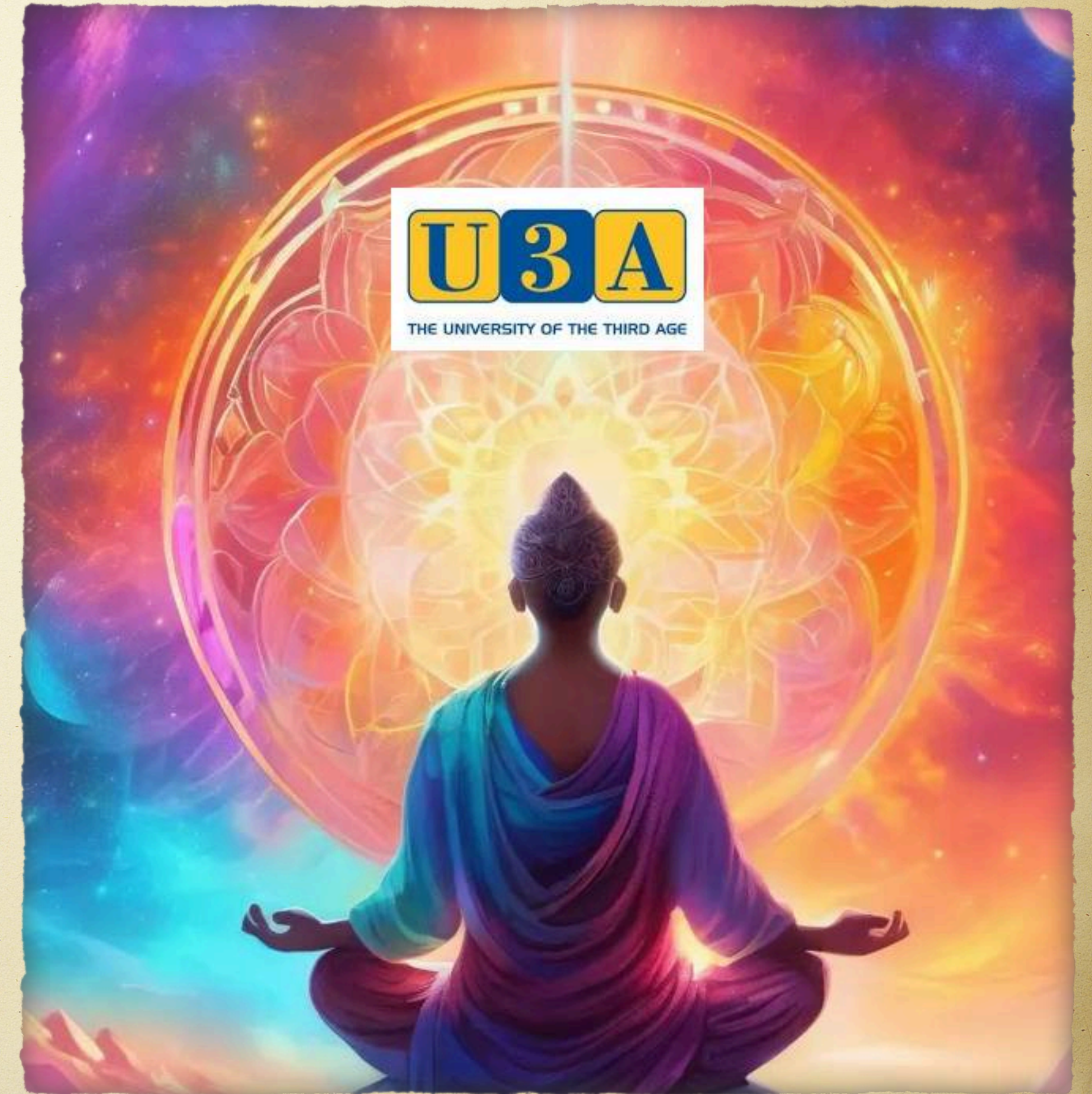
Bob Ocean

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
- The Deep Mystery as it is all One
- Ask questions at any time
- Terminology - please ask if not sure of meaning



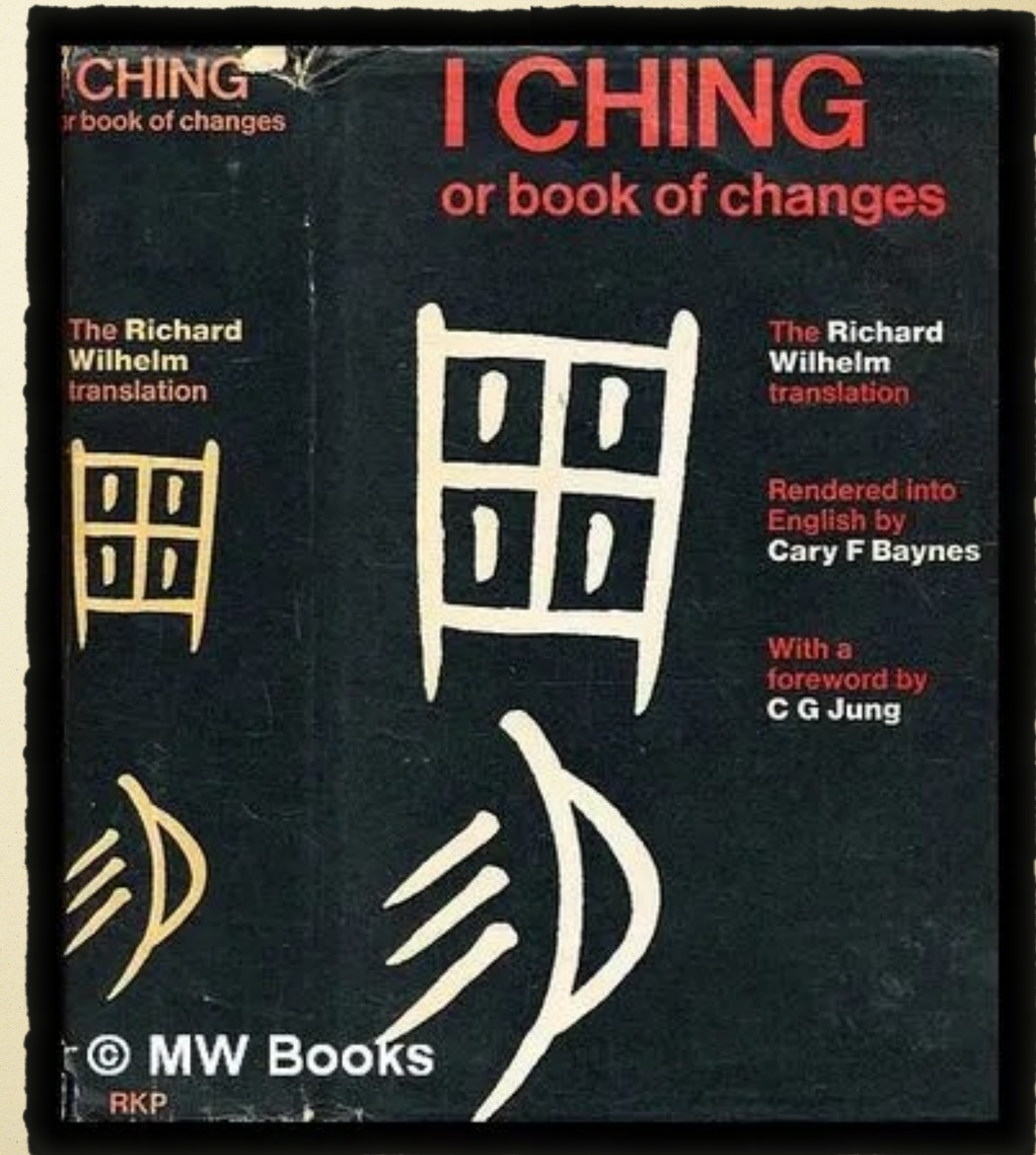
Dates

Date	Topic
14 March 2025	Talk 1 – Introduction
11 April 2025	Talk 2 - Diet / Health
9 May 2025	Away (GSIC)
13 June 2025	Talk 3 - Breath
11 July 2025	Talk 4 - Subtle Energy Body

Next year - 12th Sept restart

Other events

- iChing - 19th July at Avalon
- Wix website with Resources & Presentations
- Telegram group for coffee meet-ups on Fridays (11am)



Sister Group

Cosmic Consciousness

- Spirituality Group (4th Monday 10am) - 9th year
- Cosmic Consciousness (1st Thursday 2pm) - starting in Sept 2025

Welcome to the U3A Group
Cosmic Consciousness



The U3A Spirituality Group will be upgraded to Cosmic Consciousness for 2025/2026. The group has going for 9

Ideas for Next Year?

➤ Suggestions?

➤ Questions

➤ Volunteers?

➤

Format for our sessions

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



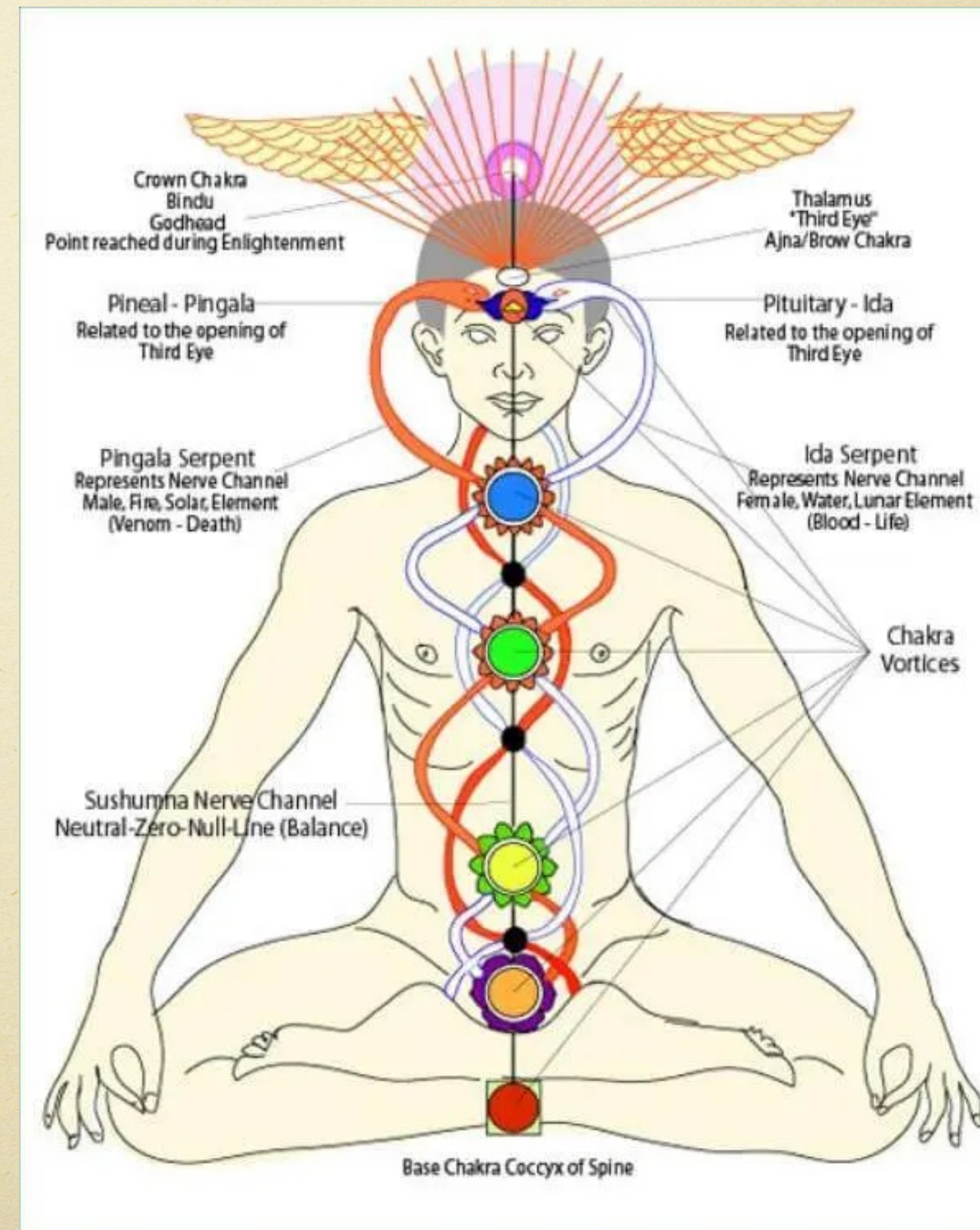
u3a Open Day

- u3a Open day - 25th Sept
- Time: 10.30-12.00 & 14.00-15.30
- Venue: Priory Street Centre, 15 Priory St, YO1 6ET
- We are looking for groups to show off what their group offers



Subtle Energy Body

- 7 Internal chakras
- Atlantean tech?
- Ida and Pingala
- Sushumna channel
- Nadis and Vitris
- Hand chakras



Caduceus



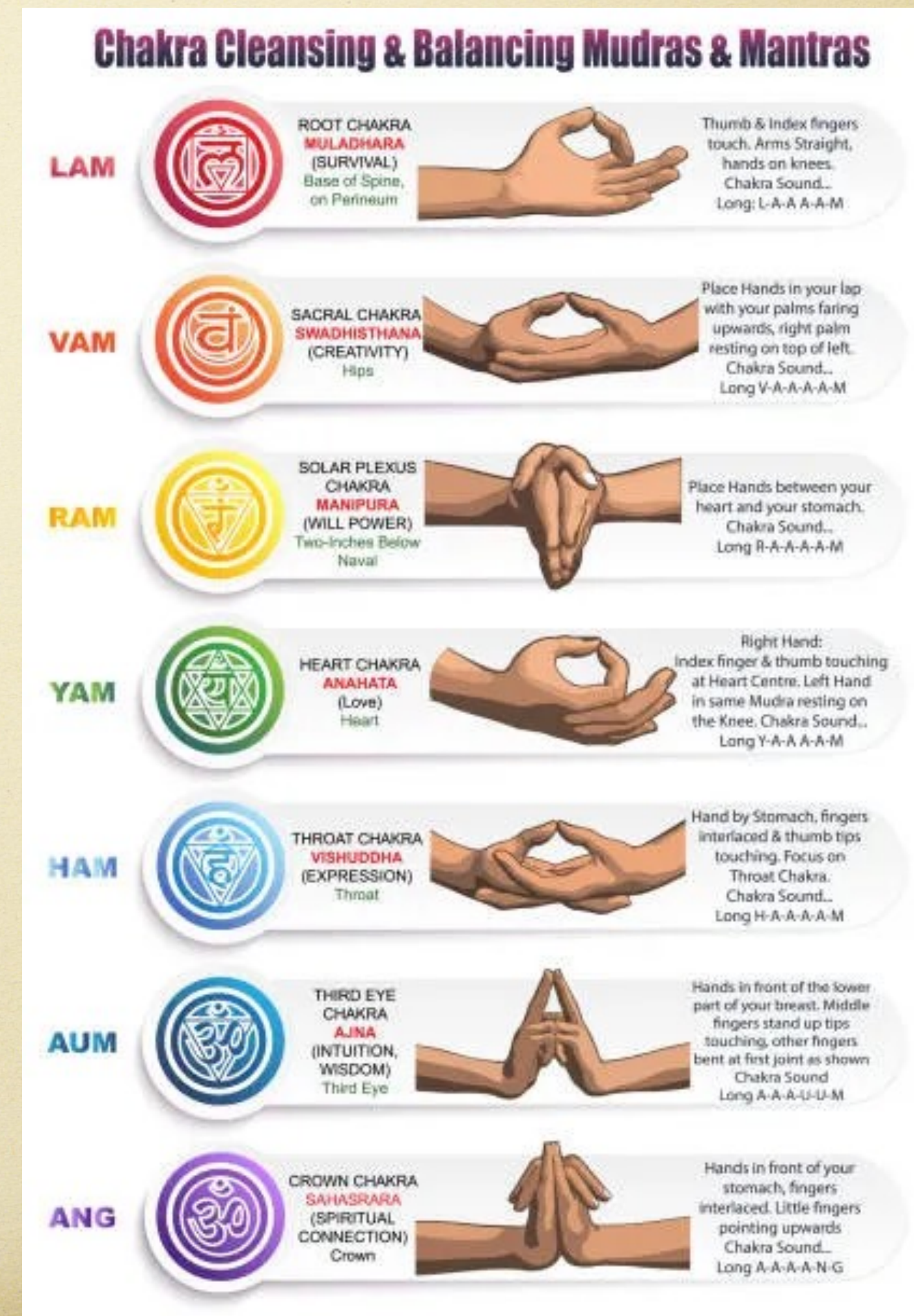
Mudras

- Unique properties
- Structured Water
- Sacred Healing Water



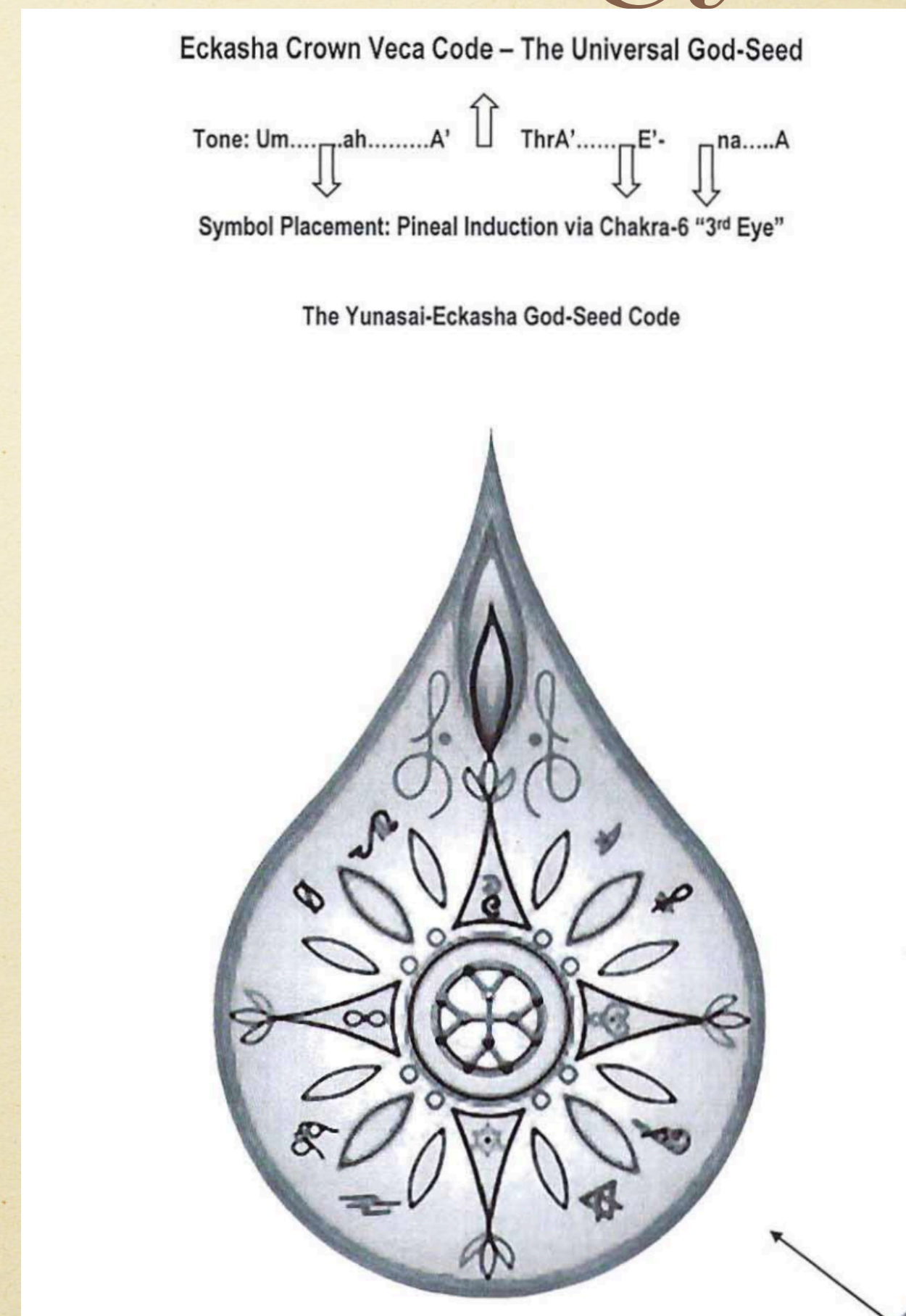
Mudras & Sounds

- OM
- Or AUM
- Meditation posture
(Zen) = Sacral Chakra
(VAM)



Avatar technology

- Healing ancient trauma
- Protection fields
- Auric field
- Cosmic egg



Mass Meditation

- Maharishi effect
- The Hundredth Monkey syndrome
- What we can do!
- We are powerful beings x 1,000 as a collective
- We Love Mass Meditation
- 144K Mass meditations



Break

- Tea break
- Form chairs into a circle
- Meditations



Meditations

- Zen Sit - Zazen(Meditation)
- Tim Freke - Heart Breath
- Others



Conclusion

- Sharing
- Any questions?