

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



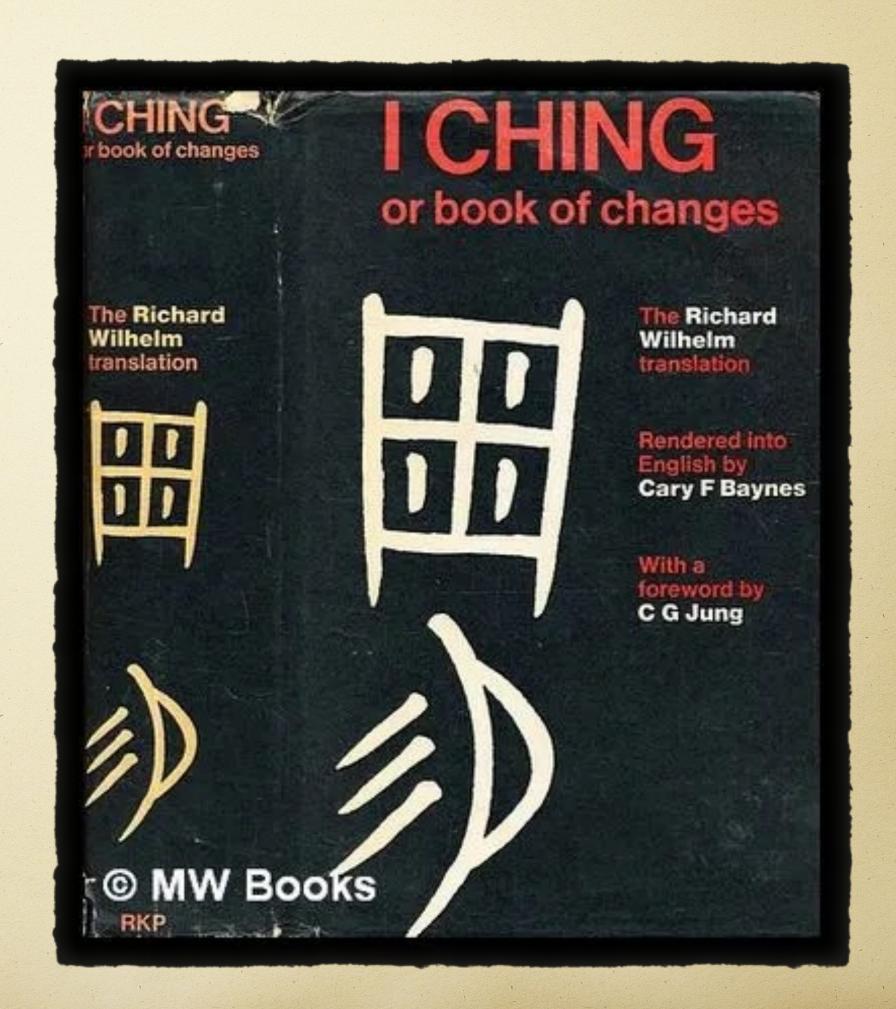
Dates

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

Ideas for Next Year?

- > Suggestions?
- > Questions
- > Volunteers?

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Format for our sessions

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



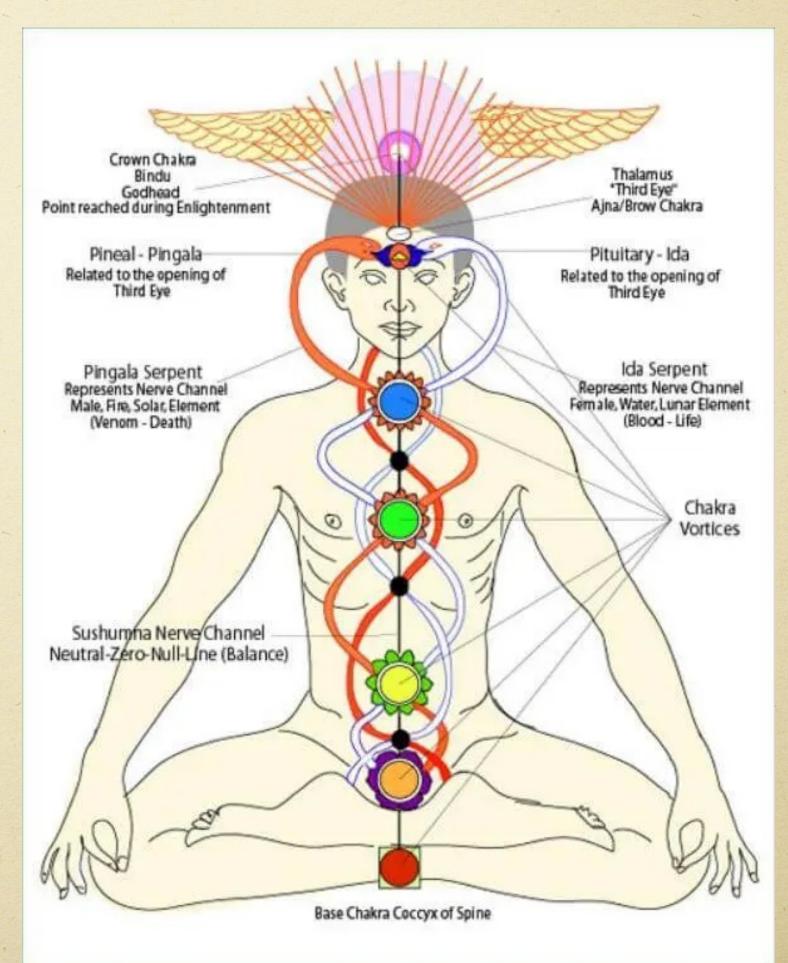
u3a Open Day

- > 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

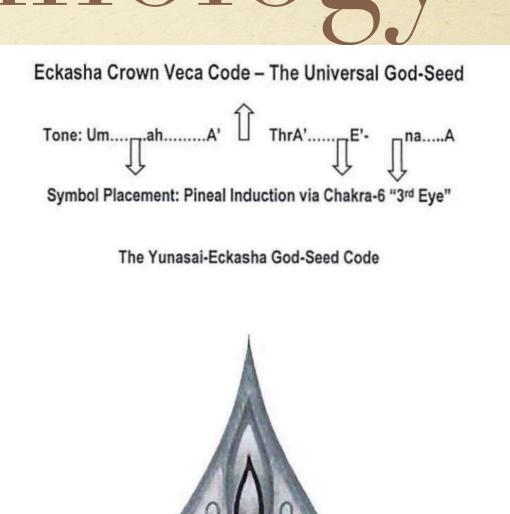
- > OM
- > Or AUM
- Meditation posture
 (Zen) = Sacral Chakra
 (VAM)

Chakra Cleansing & Balancing Mudras & Mantras Thumb & Index fingers ROOT CHAKRA touch. Arms Straight, (SURVIVAL) hands on knees. Base of Spine, Chakra Sound... Long: L-A-A A-A-M Place Hands in your lap with your palms faring SACRAL CHAKRA upwards, right palm (CREATIVITY) esting on top of left. Chakra Sound... Long V-A-A-A-A-M SOLAR PLEXUS CHAKRA Place Hands between your MANIPURA heart and your stomach. (WILL POWER) Chakra Sound... Two-Inches Below Long R-A-A-A-A-M ndex finger & thumb touching HEART CHAKRA at Heart Centre. Left Hand ANAHATA (Love) in same Mudra resting on the Knee, Chakra Sound,.. Long Y-A-A A-A-M Hand by Stomach, fingers interfaced & thumb tips touching. Focus on (EXPRESSION) Throat Chakra. Chakra Sound... Long H-A-A-A-A-M Hands in front of the lower THIRD EYE part of your breast. Middle CHAKRA fingers stand up tips AJNA touching, other fingers. (INTUITION, WISDOM) sent at first joint as shown Chakra Sound Long A-A-A-U-U-M Hands in front of your CROWN CHAKRA stomach, fingers interlaced. Little fingers (SPIRITUAL pointing upwards CONNECTION) Chakra Sound...

Long A-A-A-A-N-G

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



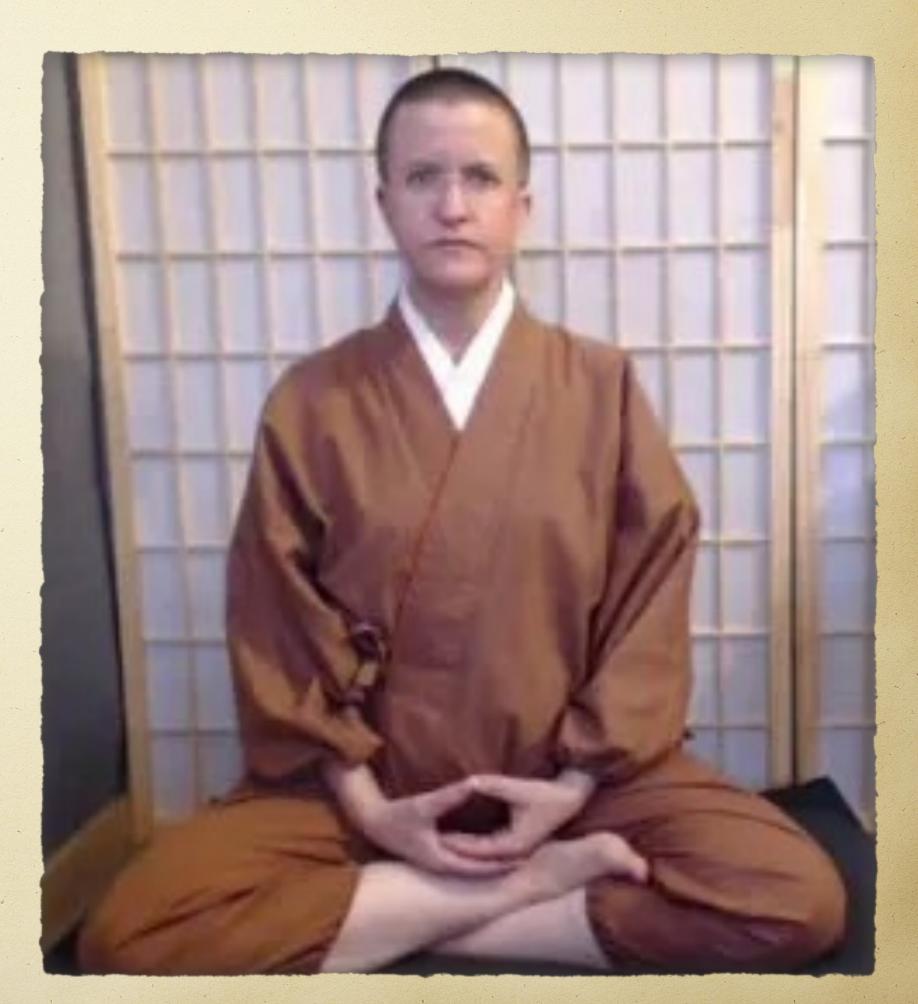
Break

- > Tea break
- > Form chairs into a circle
- > Meditations



Meditations

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



Conclusion

- > Sharing
- > Any questions?