

Focus your mind:

Zen for Health and Well-being

Mondays, 1st October – 19th November 2018, 6.30 – 8 pm

Venue: Oxford Quaker Meeting House, 43 St Giles, OX1 3LW

**Do you wish to enjoy life and work more?
Are you tired of distractions?
Do you want to be more effective in your actions?**

An eight weeks' programme, based on non-religious Zen meditation and mindfulness, provides a framework for work-life balance. This course is accredited by Zenways.org.

The current scientific research provides evidence for increased effectiveness, focus and clarity of mind which can be achieved through meditation and mindfulness practice. These effects are known for many centuries to countless meditation practitioners.

Highlight:

Understanding and working with stress: negative (dis-) and positive (eu-)stress, recognising stressors, links to pain, anxiety and anger; stress response as a healthy alternative to stress reaction. **Summing up:**

When we encounter stress, we don't act out and don't suppress it. We allow thoughts, feelings and sensations to arise and pass and act as appropriately as we can.



Bookings and more info: contact Barbara, email: jikai07@outlook.com; phone 07967 893145

<http://www.zenspace.org.uk/calendar/>

Course fee: donations only. Suggested donations: £45 - £90

www.zenspace.org.uk

<https://oxfordquakers.org/>

Zen for health and wellbeing: Course overview

During this course you will learn how to recognise your thoughts, feelings and emotions as they arise. With sustained practice you will be able to truly live in the present moment while being reconciled with the past, and meeting the future with an open mind. Being grounded in the present provides an excellent basis for dealing with life situations as they arise; responding rather than automatically reacting.

Mindfulness and meditation practices are simple and rewarding: their benefits include lowering stress, managing chronic pain, anxiety and anger, improving capability to relax and autoimmune response. Even within eight weeks course you can notice positive changes – however more lasting results will be achieved with continuing practice.

Each meeting includes a short talk with questions and answers, gentle mindful movement and meditation practice. In practical terms, there are no prerequisites as the guidance will be given. Comfortable clothing is advised; sitting on chairs or meditation cushions. There are handouts, guided meditation recordings and scripts to accompany each session as well as a short list of reference sources.

You will be expected to follow daily meditation and mindfulness practice for about half an hour every day during the eight weeks. This is a serious commitment but the rewards are significant.

Course content

Session 1 – Orientation

Session 2 – Working with stress

Session 3 – Meditation and mindfulness and physical pain

Session 4 – Emotional pain, anxiety and depression

Session 5 – Role stress and time pressure

Session 6 – Taking care of yourself

Session 7 – Elevated function

Session 8 – Changing your life

The following meditation practices will be introduced: bodyscan, counting the breath, following the breath and the practice of presence (fusho).

About the teacher

Dr Barbara Jikai Gabrys, Zen Master, is a peripatetic European physicist whose last position was at the University of Oxford. She has studied with and received the Dharma transmission from [Shinzan Miyamae Rōshi](#) in the Rinzai tradition in November 2016. (<http://www.zenspace.org.uk/zen-master/>)

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