

Zen for health and wellbeing

Mondays, 21st January – 25th March 2019, 7 – 9 pm

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

Drop-in mindfulness meditation sessions

Mindfulness 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 on an ad-hoc basis you can notice positive changes – however more lasting results will be achieved with continuing practice.

This series of stand-alone meetings is a continuation of the course 'Focus your mind: Zen for health and wellbeing'. Every meeting includes a short talk, discussion and gentle mindful movement followed by a group meditation. There are no prerequisites as full instructions on how to meditate will be given at every session. Comfortable clothing is advised; sitting on chairs or meditation cushions. There are handouts, guided meditation scripts to accompany each session as well as a short list of reference sources.

- Session 1 - Mindfulness in modern society
- Session 2 - Breath and meditation in the healing process
- Session 3 - Working with stress
- Session 4 - People and role stress
- Session 5 - Managing anxiety, panic and fear
- Session 6 - Engaging with meditation practice
- Session 7 - Managing time stress: the compass and clock
- Session 8 – Psychology of spiritual development: Zen and other traditions
- Session 9 - Independence and interdependence
- Session 10 - Zen and Quakerism



The range of meditation practices will include: bodyscan, counting the breath, following the breath, practice of presence (fusho) and working with body energy.

Main reference source

John Kabat-Zinn Full catastrophe living: how to cope with stress, pain and illness using mindfulness meditation, Piatkus 2013, ISBN 978-0-7499-5841-1

This is complemented by extracts and references to other sources.

More info: contact Barbara, email: jikai07@outlook.com; phone 07967 893145

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

Drop-in fee: donations only. Suggested donations: £4 - £8 per session

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 (<http://www.zenspace.org.uk/zen-master/>)

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