



WillMedd

Pause with purpose: bringing meditation into the midst of life

Tuesday 7th of February

A unique non-retreat day bringing awareness right into the heart of what you do, into the midst of your normal everyday life.

- "Very different to anything I've done previously, participating enabled me to make a different choice from a more spacious place where I could see more options available and while not drastic, they felt profound. It was like time was less scarce despite having lots to do."
- "Stopping to reflect and meditate at regular points during the day helped me to stay connected to what I was doing and made me more aware of how I was moving through my day the day turned out to be one of my most productive days for a long time."
- "I had lots of things to distract me, the non-retreat helped me stay on track. And I could have been very stressed, instead approached the day with curiosity and learnt loads! Very productive and enjoyable day!"

This day of non-retreat on Zoom will invite you to :

- bring a sense of heartfelt purpose alive and present in the midst of your everyday life
- to nurture a sense of responding fully to what life is presenting, rather than what you wish it was or should have done
- begin from a place of 'I am enough' while nourishing a sense of feeling safe, secure and belonging
- notice what pulls you away from recognising presence

Why? Because meditation isn't just a sticking plaster. *Meditation is a quality of awareness* that invites us to move away from the world of hypervigilant reactivity, and into a space of response. This space of response has the potential of being one informed by the experience of peace, love, joy and sense of aliveness. Meditation is not about cutting anything out or transcending into something that little bit unreachable – meditation it is about being full present with how life is showing up. Indeed, it is not so much about a method to cope with life, rather, the very experiences that show up for us, are a way to remind us *into* Meditation as a quality of being in the world.

What will the day involve?

You will be going about your normal day and we will be connecting via Zoom.

No major changes to your diary required except for the addition of a series of interventions as follows (all times GMT)

7.00 am - 7.45 am – Morning meditation and setting intentions for the day.

9.15 am - 9.30 am – Inner resource meditation. Identify goals for the day ahead from a place of feeling safe, secure, belonging. Set tasks ahead.

11.00 am – 11.15 am – Meditation: what's real, what's made up? Identifying tasks ahead

12.45 am - 1.15 pm - Check-in: reflections on the morning. Short relaxation. I am enough. Identifying tasks ahead

3.00 pm - 3.15 pm – Meditation: Paying attention. Identifying tasks ahead

6.00 pm - 6.30 pm – Group check in, reflections and closing meditation.

9.00 pm – 9.40 pm – Deep relaxation (fall asleep if you want).

Costs

I run this day on a “please contribute what you can” approach. It does involve my time and energy in setting up and running. So please contribute what you feel is right for you to attend the day – whether that is £10, £100 or something in between.

Payments via Stripe <https://book.stripe.com/6oE7ul3vleqy8la3ch>

(If Stripe is difficult and you want to pay by bank transfer, let me know).

After you have booked I'll be in touch with details about the day.

Let me be clear!

Let me clear. This is not a programme where a Guru tells you what you should be doing! There are plenty of people claiming a version of Enlightenment from which they teach. I can't help feel anyone truly enlightened would never claim there were. We're in this mystery of life together! I'm offering this as someone curious in the practice, curious in my own journey as much of yours, and curious to know what happens when people engage together in becoming more aware in the midst of everyday life.



I'm also not trying to say, hey, chill out, everything is lovely! My experience of that kind of 'teaching' has been one in which we start to deny some of what we are really witnessing. And it's so frustrating – it creates another huge 'should' : I should be calm, I should be present ... The approach on offer here has a different tone and comes from teachings that invite the fullness of life right in. If you are angry, for example, rather than deny the anger, repress it or try and sidestep it, what happens if we fully acknowledge the anger as present, get to know it? Can we be at peace with the anger? Might we then find a place of conscious response rather than reactivity?

About Will

Will first began meditating as a student over 25 years ago, learning mindfulness and loving kindness meditations. After a long gap, and revitalised by yoga practices, Will came back to meditation as an important practice to both navigate and celebrate all that life offers. As a professional life coach his passion is in enabling people to feel fully alive and at peace - while also of course trying to do that himself! He is a Certified iRest teacher. More about Will at www.willmedd.com

