

## MEDITATION IN THE LONDON LODGE

As we move towards having a dedicated School of Meditation based in the London Lodge but serving the whole White Eagle work, the range of meditation activities is increasing. Whether you are a beginner or an experienced meditator, there should be something in the list below to appeal to you. If in doubt, phone 020 7603 7914 or email [colum@whiteaglelondon.org](mailto:colum@whiteaglelondon.org) and/or [generalinfo@whiteaglelondon.org](mailto:generalinfo@whiteaglelondon.org).

### LEARNING MEDITATION

Meditation is now taught here in a careful structured way with term-length sets of classes at various levels. Level One, for instance (elsewhere described simply as Learn to Meditate), is intended as a way of acquiring all the basic skills that meditation may involve, and some sense of the lifestyle that a meditative practice tends to evoke. It is designed to give everyone a simple and sustaining meditative practice, and one founded on real grounding in the subject. Level Two takes this further, emphasizing the opportunities that the spiritual practice creates for greater unfoldment and a serenity that can be described and found whenever it is needed. Level Three and Level Four classes go in increasing depth into the unique aspects of the White Eagle meditation, which is typified by primarily having as its aim reintegration with the oneness of life, and by strongly emphasizing both the heart and the creative imagination.

Currently, there is a

**LEVEL ONE** class in operation on a **Wednesday from 7.30 to 9.00 pm**, beginning 26 May 2010. Please contact us right away if you would like to attend.

**LEVEL TWO** class due to start on **Tuesdays from 6.00 to 7.30 pm** on 15 June and continue throughout this session (i.e. to the beginning of August). Again, please apply immediately.

There is likely to be a level three series in the autumn and a level four after that, maybe winter 2011.

### PRACTISING MEDITATION

If you are used to meditating regularly there are a number of options, and you are welcome to all the activities mentioned.

On a **Thursday, from 2.00 to 2.45 pm** there is silent meditation based simply around a concentration on the Lodge's six-pointed star, using it as an image of perfect being, as a mandala or a morphic form and allowing it to project as light.

Also on **Thursdays from 3.00 to 3.30 pm** there is a half-hour meditation which is effectively a healing meditation for London.

On a **Tuesday morning** there is a weekly practice meditation with a teacher present to answer questions and deal with problems. As this is held outside normal hours please contact us to be sure it is happening and when.

### EXTENDED MEDITATION

Meditation in the White Eagle way and as described in books such as Grace Cooke's seminal work, *MEDITATION*, is typically of an hour's duration or more, and is also held when there is a demand and available space, both in the form of a public Full Moon meditation and a deep guidance meditation. The Full Moon meditation when held, is open to all but for the Guidance meditation full training is a prerequisite. If you are interested in attending either of these, please enquire and leave contact details so that we may tell you when such a meditation is happening.