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Ram dass meditation technique

"Realizing that the other person is also just like me is the basis on which we can develop compassion, not only toward those around us but also toward our enemy. Normally, when we think about our enemy, we think about harming him. Instead, try to remember that the enemy is also a human being, just like you." — His Holiness The Fourteenth Dalai Lama This practice can be done alone, by bringing to mind a friend, a colleague, a neutral person, or a difficult person. It can also be done silently, when meeting someone new. This practice is also effective when done with a group of people. Ask participants to sit in pairs or have them stand in two lines facing one another. Have the people look into their partners' eyes, letting them know that they can close their eyes or look down at any time if they need to. If practicing in a group, after participants complete the exercise with one partner, have them begin again with a new partner, so that the repetition with someone new increases everyone's understanding that all others are "just like me." Use any or all of the suggested phrases below or any others that may be more appropriate. Begin by becoming aware that there is a person in front of you, another human being, just like you. Then, silently repeat the phrases below, while looking at your partner. This person has a body and a mind, just like me. This person has feelings, emotions, and thoughts, just like me. This person has experienced physical and emotional pain and suffering, just like me. This person has at some time been sad, disappointed, angry, or hurt, just like me. This person has felt unworthy or inadequate, just like me. This person worries and is frightened sometimes, just like me. This person will die, just like me. This person has longed for friendship, just like me. This person is learning about life, just like me. This person wants to be caring and kind to others, just like me. This person wants to be content with what life has given them, just like me. This person wishes to be free from pain and suffering, just like me. This person wishes to be safe and healthy, just like me. This person wishes to be happy, just like me. This person wishes to be loved, just like me. Now, allow wishes for well-being to arise: I wish this person to have the strength, resources, and social support they need to navigate the difficulties in life with ease. I wish this person to be free from pain and suffering. I wish this person to be peaceful and happy. I wish this person to be loved . . . because this person is a fellow human being, just like me. After a few moments, thank your partner with a bow or in whatever way feels appropriate. — Ram Dass, Mirabai Bush in Walking Each Other Home Back to All Events "YOU MEDITATE TO BECOME WHO YOU ARE" - Ram DassOctober 22nd - 25th, 2020With Karen Pallisgaard, Julie Moltke & Stefan Sartori Olesen This retreat will be in Danish, or English if non-danish speakers are participating. We closely follow the development of the guidelines regarding COVID-19 to make sure you can feel safe on your retreat.A 4-day Traditional Hatha Yoga and Mindfulness Retreat"The privilege of a lifetime is to become who you truly are" - Carl Gustav JungOn this retreat, we will take you on a journey; in the setting of the magical Margretheholm Mindfulness Manor, we will create a space where you can deep dive into discovering your essence. With a focus on grounding and stabilizing hatha yoga, meditation & mindfulness practices, and specially tailored workshops, the aim is to give you the space to open up to connect with your body, breath, mind, spirit and core values in order to navigate your life authentically, in the most graceful and peaceful way. Book your stay here. About the Retreat The big yoga shala at Margretheholm. The Yoga & Meditation Practice: "Yoga is the journey of the self, through the self, to the self." -The Bhagavad GitaYoga, as it was described in the ancient manuals, begins when we slow down to calm and stabilize our minds. Then when the mind is stilled we can get a glimpse of the part of our true Self that lies beyond the noise and distractions. With consistent and balanced practice, we start becoming aware of a point of inner stillness and silence, which is always within us. We then begin to remember our true peaceful nature and connect to the light inside us that allows emotional suffering to dissolve. Traditionally the aim of Yoga is the development of an increased conscious awareness that is anchored in the NOW, by releasing tensions held in the nervous system, body, and mind. This leads to a happier, more grounded, relaxed, and fulfilling relationship with oneself. We use the gift that nature gives us, together with yoga, mindfulness, sauna and meditation to connect to our inner wisdom which we all possess. Our intention on this retreat is to give an experience and understanding that yoga is more than just the yoga postures (asana) which we do on the mat. That asana is one of the preparations we do so energy or life force (prana) will flow more freely to aid us in later stages of the yoga practice like Pranayama, (breathing techniques) and Meditation where the more powerful potential for transformation and evolution lies.We use our body (asana) to connect with the breath (pranayama), use the breath to connect with the mind (meditation), use the mind to connect to the Self. And we use the gift that nature gives us, together with yoga, mindfulness, sauna, and meditation to connect to our inner wisdom which we all possess.Yoga retreats are often described as a way for you to recharge your batteries. In this retreat, our goal is to help you not only do that but also provide you with a set of tools to keep them charged, even when returning to your everyday life. To teach you to apply very simple practices to your daily routine, which can improve your general physical and mental health and help you to remember who you are. The library/mindfulness and meditation room at the manor. Mindfulness & Workshops "The most important principle to understand about meditation is this: we meditate to know ourselves." - Sally KemptonThe Buddhist practice for developing mindfulness is called vipassana, which means "clear insight" or "seeing clearly" in Pali, the language of the Buddha. The nature of the mind is to wander and what we practice in mindfulness is simply to turn our awareness to the present moment and to ourselves, again and again, and againOn this retreat, we will use the principles of meditation and mindfulness, along with other methods of self-discovery to help you connect to basic truths about yourself. The workshops will be based around connecting with your true values and purpose, to help you rest in yourself and find inner equanimity. Your Hosts Karen PallisgaardKaren Pallisgaard is a Danish senior yoga & meditation teacher and psychotherapist in training. She is also a bestselling author of several books about yoga, meditation, mental health, and slow living. She is known for making yoga and meditation everyday-friendly and accessible to everybody. True to tradition and to herself Karen teaches from the heart to inspire self-care, self-discovery and slowing down. Her intention is to re-connect you to yourself; body, breath, mind, and spirit. She knows there are no quick-fixes, and believes in diving deep into our own dark to find our most shining selves. Dr Julie Moltke Julie Moltke is the owner and founder of Margretheholm Mindfulness Manor. As a medical doctor, Julie developed a strong interest in mental health problems and stress therapy. Working as part of the traditional medical system, it became clear to her, that she believes in practicing holistic medicine, treating her patients as a whole person and not just a symptom. Julie is an author and meditation and yoga teacher and has specialized in mental health and stress reduction. She is currently based between Sweden and London, from where she is the editor-in-chief of an online health platform that explores the world of cannabis science and general health and well-being. Stefan Sartori OlesenStefan is a yoga teacher and the co-founder at Mindfulness Manor and he is schooled in traditional Tantric Hatha Yoga. Stefan is traditional and systematic in his approach to his yoga practice and sequencing. He is particular in his approach to teaching that yoga and asana is not the same thing. An effective yoga-practice includes a specific set of organized asana sequences tailored to gain specific energetic results, but these are merely understood as effective preparation techniques towards pranayama and meditation where the real potential in yoga lies. Practicing with pranayama and meditation is a journey inward towards the more subtle layers of our being, which can open one to sensing and experiencing a higher level of consciousness and the feeling of finding your way "home" inside yourself. Stefan is a Yoga Alliance® certified yoga teacher with more than 1000 hours of teacher training experience.Program (may be subject to change)Day 1 From 16:00: Arrival and check-in.Relaxation time. Tea and a light snack in the red living room.17:00: Red living room: Introduction to the retreat and opening circle. 18:00: Tour and story of Margretheholm.19:30: Relaxed dinner.20:30 Evening meditation and workshop Day 2 & 3 (subject to change) 7:30: Wake up 8:00: Yoga + Pranayama + Meditation with Stefan 10:00: Breakfast 11:00: Mindfulness & workshop with Julie 13:00: Lunch 14:00: Relaxation time Optional mindful walk with Julie (day 1), Sauna (day2) 16:00: Yoga + Pranayama + Meditation with Karen19:30: Dinner 20:30: Evening session (sauna, workshop, yoga nidra or meditation e.g based on the energy of the group)Day 4 7:30: Wake up 8:00: Yoga + Pranayama + Meditation with Stefan 10:00: Final Breakfast 11:00: Exercises to take with you home with Julie & Karen 12:30: Lunch 13:30: Packing, goodbye, and departure The lake is usually warmed up in July and you can swim to the raft in the middle of the lake. The Retreat includes: - Bedding and two towels- Bathrobe for sauna and lake - All meals, snacks & drinks - A notebook - yoga mats, blocks, blankets, etc.Please bring:- Swimwear - Shoes for walking in nature and slippers for the lake - 1 extra towel for the sauna - Water bottle - Comfortable clothes for yoga and meditation- A pen for writing All food is vegan and organic when possible The Food The food we serve is prepared with love and will be organic when possible, primarily vegan, rich in taste and healthy to support your practice. We can cater for special dietary needs so let us know the minimum of 2 weeks before the retreat. The Yoga Shalas(places where you do yoga, meditation, and other spiritual practices)There are 2 yoga shalas at Mindfulness Manor: The Yoga Barn, and a smaller cosy room. As the larger Yoga Barn is not heated and is only available when the outdoor temperatures allow for it. We will be using whichever shala is best suited at the time.Location and LogisticsMindfulness Manor is located 3 ½ hours from Copenhagen or Stockholm. You can either go by car or train to Mullsjö Station (5 km), where we will gladly pick you up if necessary - please inform us 1 week in advance.More information about getting there can be found here. Prices(Prices are charged in SEK through the mindfulness manor, conversion rates may vary) Single Room:5500 DKK / SEK 7600 (One single room in the manor house)Double Room: 5000 DKK/ 7000 SEK(for 2 simultaneous registrations and 2 persons sharing the same double bed in the manor house)Twin Room: 4500 DKK / 6250 SEK(Shared large room, 2 single beds. Can be either on the farm or in the manor house) Book your stay here.After having sent the booking request you will receive an invoice from the mindfulness manor. If you have any questions do not hesitate to contact us on mindfulnessmanor@gmail.comCancellation policyCancellation up to 1 month before retreat starts: you get 1/3 refund.Hereafter no refund but you can sell/transfer your ticket for the retreat to another person Sauna is good for your health. Ours has a beautiful panorama view over the lake.

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