2018 Meditation Topics

January: What is Meditation?

February: The Methods of Meditation

March: Six Preliminaries, Actual Meditation, Physical postures

April: How to attain Calm Abiding (How to eliminate Fave Faults through Eight Antidotes base on text ‘Extreme and Middle’)

May: How to achieve Calm Abiding (Nine stages according to ‘Hearers Ground’ and ‘Compendium of Higher Training’)

June: Achieving Calm Abiding through Six Powers & Four Mental Engagement, Signs and Measures

July: Introduction to Deity Meditation through Calm Abiding meditation

August: Differences between Analytical and Placement Meditation. Introduction to Analytical Meditation

September: Preliminaries of Special Insight Meditation. Introduction to Special Insight

October: Meditation of Emptiness through Special Insight

November: Meditation on Four Seals of Buddhism

December: Meditation on Loving-Kindness and Compassion