

ONGOING EVENTS

Open House

First Thursday of each month, 7:30 to 9 pm

Visitors are welcome to drop in and learn about Advaita Vedanta—the philosophy of unity—and all that the Advaita Meditation Center has to offer. Evening may include readings from different traditions, informal discussion and meditative silence. Free.

Open Meditation One or two evenings a month, 7 to 8 pm (See web site for current schedule)

Meditate in good company and serene surroundings, free from distractions. Free and open to all meditators.

STUDY GROUPS

(Free and open to all; donations welcome)

Emerson Reading Group

Second and fourth Thursday evenings, 7:30 to 9:30 pm

Explore key essays and speeches of Ralph Waldo Emerson, America's preeminent philosopher

Eckhart Tolle Group*

Discuss the teachings of Tolle, particularly as found in *A New Earth* and *The Power of Now*.

Conversations with God*

Neale Donald Walsch's series, "*Conversations with God*," provides an introduction to the basic ideas of Advaita and fresh views on spirituality, suffering and joy.

*Group not currently meeting; please email info@advaitameditation.org to express interest.

CLASSES AND WORKSHOPS

Inward Bound: Living the Spiritual Life

11 weekly meetings, 7 to 9:30 pm

Learn simple meditative practices and the principles of Advaita Vedanta, the ancient philosophy of non-duality. This is a great first course to take at the Center. Includes a refreshment break with time to socialize. \$160

Meditation Workshops for Beginners

3-hour sessions offered regularly on Saturday or Sunday

If you've wanted to meditate but haven't found an effective path, these workshops offer an easy way to discover the rest and peace possible through this ancient discipline. No previous experience necessary. \$40

Yoga Saturday mornings, 7 to 8:30 am

A gentle beginner-level yoga class in the Kripalu style; no prior experience necessary.

Introduction to Meditation

11 Wednesdays, 7 to 9:30 pm

Expands on our workshops and includes training in simple practices that focus the attention, still the mind and allow the expansion of awareness. Interactive classes with opportunities for questions and discussion of personal experiences. Includes a one-day retreat. \$200

Initiation into Mantra Meditation

12 Wednesdays, 7 to 9:30 pm

Prepare for the successful practice of mantra meditation—one of the more powerful forms of meditation. The highlight is a mid-course initiation to receive your mantra as part of a weekend retreat at our spiritual retreat center. Supported practice and discussions with experienced instructors follow. Prerequisite: Introduction to Meditation. \$330

Follow-up Meditation Course

In 2010 a new meditation course will be offered to support daily meditation practice for those who have been initiated into mantra meditation. Check web site for schedule.

Introduction to the Sanskrit Language

10 Saturdays, 9:00 to 10:30 am

Examine key passages of the Upanishads, Bhagavad Gita and Yoga Sutras in light of Advaita philosophy to grasp more fully their practical meanings. Experiment with chanting and writing the Devanagari script. No previous experience necessary. \$160

RETREATS

Held at Hill House, our spiritual retreat center on a beautiful property overlooking Halfway Pond in Plymouth, Massachusetts. Dormitory-style accommodations. Vegetarian meals communally prepared and served.

Sanskrit Retreat Week at Hill House (in July)

An idyllic week of Sanskrit study includes morning meditation and quiet time; study of Upanishadic verses; sounding Sanskrit prayers; calligraphy of Devanagari script; and Sanskrit "conversation." Evening satsangas. Afternoons are free for quiet time, a swim or a walk. (No previous Sanskrit experience necessary.) \$300

Weekend Meditation Retreats (held periodically)

Open to current and former meditating students, these retreats take place Friday evening through Sunday morning. Explore, discuss and practice meditation with other meditators during this gentle weekend retreat in a lovely setting. \$110

WHAT IS ADVAITA VEDANTA?

Advaita (Sanskrit meaning “not-two,” without a second) means unity and its aim is unity. It is the timeless philosophical teaching rejuvenated by the great Indian philosopher and teacher Shankara. Advaita points to the one fundamental reality or substance that underlies all forms—a substance that is indescribable, indefinable and beyond form.

At the Advaita Meditation Center we explore this teaching and offer practices that make it possible to experience this one reality, our divine center, our innermost self. The growth of this understanding frees us from the divisions and doubts that cut us off from ourselves, from each other and from the world. This gives rise to deep contentment and joy.

The Advaita Meditation Center is a volunteer-run, nonprofit organization dedicated to promoting meditation and spiritual inquiry. Ample parking, wheelchair accessible.

Call 781-647-0020 or go to advaitameditation.org for directions or for further information about these and other activities.



Advaita
Meditation
Center

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