

## BOOKING FORM

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Name:

Address:

Postcode:

Telephone:

Email:

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**Please tick where appropriate:**

Resident, full board, single en suite room £175

Resident, full board, single room / shared facilities £149

Non-resident (incl. lunch and supper) £95

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Please state any particular dietary requirements (e.g. vegetarian):

Please state any special needs (e.g. level access room):

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### PAYMENT DETAILS

Payment is by cheque payable to: **'Christian Meditation Trust (UK)'**  
(Please do not make cheque out to WCCM)

Send a deposit of £50 for residents, or £30 for non-residents, with the Booking Form. This is non-refundable after 1<sup>st</sup> May 2009.  
The full amount is due by 1<sup>st</sup> May 2009.

Please return your completed form with cheque to:

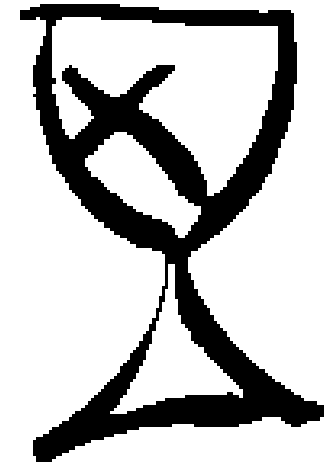
**UK Conference 2009, Jacqueline Russell, 15 Helford Close, Aylesbury,  
Bucks. HP21 8BG    jacq@wccm.org    01296 488450**

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Christian Meditation Trust UK (part of WCCM) Reg. Charity 1101900

ANNUAL UK CONFERENCE 2009

# LEADING THE MIND INTO THE HEART: the path of Christian Meditation



Friday 12<sup>th</sup> June - Sunday 14<sup>th</sup> June 2009  
University of Stirling, Scotland



THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION

# LEADING THE MIND INTO THE HEART: the path of Christian Meditation

Research in neuroscience has shown how meditation can effect brain waves positively, both calming and invigorating the mind. Those involved in holistic therapy have also noted the healing effect meditation has on the whole person, body, mind and spirit. In this Conference we will be looking at how meditation integrates us by drawing the mind into the heart where thought and feeling meet. By centring mind and body in the depths of the spirit we become whole. By learning selfless attention we learn how to purify the intentions of our heart so that the fruits of meditation are to think wisely, to live fully and love deeply.

## SPEAKERS

**GRETCHEN STEVENS** Gretchen is Director of the Centre for Complementary Care in West Cumbria, where she has practised healing by gentle touch for 19 years, with remarkable results. She says, "A discipline of silence, meditation and prayer lies at the heart of the work. Healing follows as a natural consequence". Gretchen spoke at the 2002 conference and was very well received.

**STEFAN REYNOLDS** Stefan is an Oblate of The World Community for Christian Meditation. He learnt meditation with Bede Griffiths in India and over the years has worked with Mother Theresa, and at L'Arche, and has run his own restaurant in London. He is currently working on a PhD in English Medieval Mysticism and is regularly asked to teach on meditation and the mystics.

**SHANIDA NATARAJA** Dr Nataraja trained as a neuroscientist and is the author of 'The Blissful Brain', a book which presents the scientific rationale for the integration of meditation in our everyday lives. Shanida has practised mindfulness meditation for many years, and has received basic instruction in Christian mantra meditation, Tai Chi, Chi Gung and yoga. She presented an excellent evening on 'The Blissful Brain' at the London Centre earlier this year.

## MUSIC

'CAIM' - a capella Celtic singing duo, Jacynth Hamill from N. Ireland and Heather Innes from Scotland will enrich the weekend. ([www.cluniemusic.com](http://www.cluniemusic.com))

## WORKSHOPS

Among the choices will be Yoga, Tai Chi, Simple Massage, The Blissful Brain, Hitting the Wall, Learning to Meditate, Meditation Surgery, From Garden of Eden to Kingdom of Heaven.....

## FURTHER INFORMATION & ENQUIRIES

Contact: Jacqueline Russell [jacq@wccm.org](mailto:jacq@wccm.org) 01296 488450

## UNIVERSITY OF STIRLING

It is very good to be holding the Conference in Scotland for the first time. Stirling is "the gateway to the Highlands". The University claims to occupy the most picturesque campus in Europe, set in parkland overlooked by the Ochil Hills and the Wallace (Braveheart) monument. It is 2 miles outside Stirling. If you are a long way from Stirling you may want to work out travel arrangements or consider extending your stay in Scotland before you decide to book, so there is an information sheet enclosed.



## ACCOMMODATION

Participants will stay on campus in a student hall of residence. You can choose between single ensuite rooms or a single room in a cluster of seven with shared facilities. There are no double/twin rooms. Some level access rooms are available, but there are no lifts in the accommodation. Campus is mostly flat, with a few moderate inclines, and is wheelchair friendly. Walking times from accommodation to conference meeting rooms are max. 7/10 minutes and the path takes you across the loch.

## FEES AND BURSARIES

Conference fees are shown on the booking form overleaf. The Community has set aside some funds to help meditators who could not otherwise afford to come to the Conference (such as the unwaged). Bursaries covering up to 75% of the Conference fees are available. Apply early as the funding is limited. To apply, contact Roger Layet, 3 Linemere Close, Backwell, Somerset BS48 3PX. [roger.layet@btinternet.com](mailto:roger.layet@btinternet.com) 01275 463727 You may be asked to provide a reference.