



### Silence for Peace Meditation Workshop

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On Thursday 6 August, we held our Silence for Peace Meditation Workshop at the PLLCA Multicultural Activity Centre at Westbrook. To witness the transformation that is taking place there from a correctional centre to a place of healing and learning and peace was a healing experience in itself. This year we embraced technology, with one of our speakers presenting live from America and some participants joining in via Zoom.

Kam Athwal from the Sikh Community, informed us that meditation based on sound with the repetition of sacred words incorporated with the breath is one of the core principles of the Sikh faith. She referred to her times of meditation as 'My time with the Creator,' acknowledging it is not easy to train the mind, but it is necessary, as good actions flow from good thoughts.

Dr Uma Kumar, a practising GP in Toowoomba and Heartfulness meditator, shared how daily practice of meditation can nourish our mental, social, emotional and physical health, with research showing it can improve sleep in chronic insomniacs.



Dr Ranjani Iyer, Director of Heartfulness Program for Schools, Detroit, USA, spoke in depth on her research and studies done with high school children, which revealed a lessening of stress and an increase in wellness. She believes the incorporation of meditation into school students' lives is a great preparation for our future leaders as it encourages holistic growth and an awareness of 'oneness'.



We were taken into a delightful state of meditative awareness with our practice of Tai Chi with Ron Chu, the walking meditation and chanting with Venerable Zhi Yang, and finally led into a time of stillness and silence for peace with Joanne Anderson.

Heartfelt gratitude to the presenters and all who helped to organize this year's workshop. It was a wonderful day and nourished our bodies, minds and spirits.

Peace.

Joanne Anderson  
Christian Meditation Community

### Walking Meditation with Zonta Club of Toowoomba Garden City



On Saturday 15 August, Venerable Zhi Yang was invited to Tiddalac to facilitate a walking meditation for the ladies at Zonta Toowoomba Garden City Club on their retreat. Feedback received was that everyone enjoyed the experience and that it helped to set them up for a calm and productive day!