

Meditations to Help Change the World

Today, much is happening in our world, and to our world, that is cause for concern. From political upheaval through to climate change, many of us see this and wonder how we, as individuals, can contribute towards affecting the change that we know is necessary.

Meditation has the power to change us profoundly and to impact the world around us directly by drawing the world into alignment with us. We can deliberately use this connection to promote desirable change.

We will explore three core meditations. They use

Acceptance, Love and Perseverance.

Each one has hidden orientation that makes the related meditations more effective than you may initially expect. In doing this, we take the power of what we "abhor" and use it to produce wholesomeness, creativity, joy, etc.

Acceptance is a starting point. Paradoxically, this is primarily acceptance of what we seek to change. We will learn to accept its existence, which opens pathways to transforming it.

Cultivating **love** is another. Starting with ourselves, it leads to the softening of rigidity, the release of past pain and outrage, and to promoting wholeness, reconciliation and mutual respect. Here, the paradox is learning to love in the face of what we find most unlovable: for example, poverty, ISIS Jihadis, etc. Love does not mean agreement!

Life is a force that perpetually brings us into wholeness, aliveness, health, mutual balance and much more. We will practise meditating into the presence of Life as a fifth dimension, with the goal of discovering that its flow through us is a powerful, ongoing force for completion, and fulfilment. Paradoxically, when at one with Life, our **perseverance** is not optional, it simply is!

Throughout the three days, there will be opportunities for sharing, discussion and questions.

Three day workshop with
Meditation Masters
Ken & Elizabeth Mellor



Fri 23 to Sun 25 June 2017

9.30 am to 5.00 pm each day

31 Hobson Crescent,
Thorndon, Wellington

\$130 for each day

\$360 for all three days

Those in need may apply for
a fee reduction.

You are welcome to attend any
number of the three days.

To register for this workshop or if
you have any questions about it
email awaken@paradise.net.nz
or phone Nicky Riddiford
(04) 973 7431 (after 6 pm).
Upon enrolment further details
about the workshop will be
emailed to you.



Ken and Elizabeth Mellor have years of international experience leading workshops that combine meditative practices with personal growth strategies. They are inspiring spiritual masters and mentors. Always down to earth, they are also fun and practical. People usually feel comfortable and safe when with them, and easily open up to transcendence as they explore their lives in depth.

Ken and Elizabeth are Masters of Meditation, Reiki Masters, spiritual mentors and trained social workers. They trained in a variety of meditation traditions for well over 30 years. Both of them are authorised by two of their masters to initiate (to introduce) others to powerful meditations. Ken is also a psychotherapist and trainer of psychotherapists; and Elizabeth is a trained rehabilitation counsellor and critical incident stress management practitioner. They have written several books on various aspects of spirituality, personal wellbeing and parenting.