

Meditation resources

Thank you so much for being part of the meditation group over the weekend, it was lovely to spend time together in silence.

I am thinking about the possibility of holding a regular online mediation session (perhaps once a week, probably first thing in the morning) to create a space for any of us who would like to benefit from mediating together in community. This would follow the same format as the conference – 20 minutes of silent meditation with a brief time at the end to share or ask questions.

Please let me know if you're interested! katybodman@yahoo.com.

In the meantime, please find links below to the meditations mentioned on the weekend:

1. The World Community for Christian Meditation (Maranatha meditation):
<https://wccm.org/meditate/how-to-meditate/>
2. [Mindfulness of Breathing meditation](#)
3. [Lovingkindness meditation](#)

Best wishes

Katy x