

# Lifemovements



the **Lifeflow**<sup>®</sup>  
meditation centre

*life in balance*

## Meditation migrates South!

Meditation practice is expanding throughout Southern Adelaide following a Lifeflow Guides course delivered to health practitioners (on behalf of Southern Adelaide Health Services). The majority of the 16 attendees, from social work, psychology and nursing backgrounds, had some previous experience with meditation and could see the potential for simple meditation

*(Continued on page 4)*



The first Lifeflow Guides graduates, with teachers Ann Calvert (far left) and Graham Williams (far right).

## A beautiful space...the new Lifeflow City Studio



After ten successful years at Norwood, Lifeflow has outgrown its Beulah Rd premises and moved to a spacious, airy and quiet studio at 447 Morphett St, Adelaide.

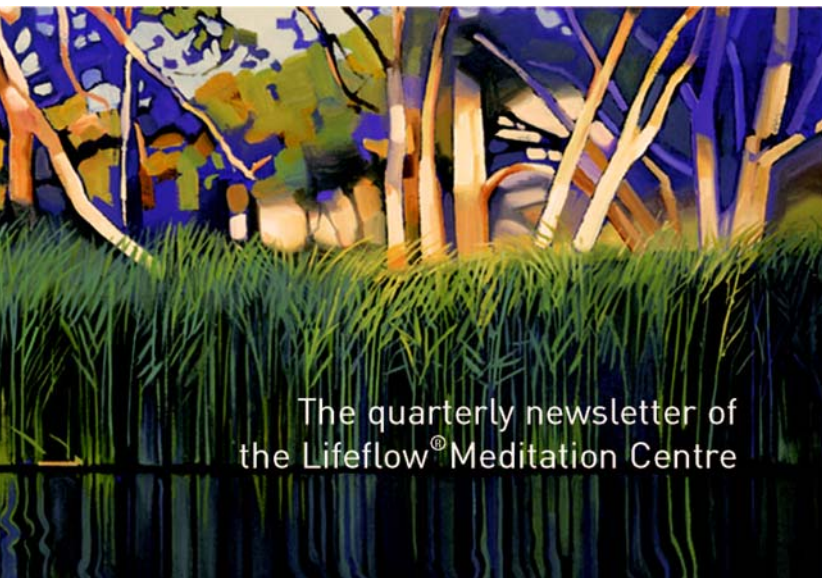
Centrally located and close to the Central Market precinct, Morphett street is proving to be a great location.

The studio can be easily accessed by car, with plenty of free on-street parking nearby, or by bus (see Sturt St routes) or the King William St trams. Find out more details on our website.



## Lifeflow website refresh

The Lifeflow website has just had a major refresh and now provides a much better overview of what the Lifeflow Centre does, while keeping a clear and straightforward style. We'll soon add online shopping, post regular news articles and lots more. Visit [lifeflow.com.au](http://lifeflow.com.au) today!



The quarterly newsletter of  
the Lifeflow<sup>®</sup> Meditation Centre

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*'People stumble over the truth from time to time, but most pick themselves up and hurry off as if nothing happened.'*

Winston Churchill



## Free talk Introducing Lifeflow

Find out what Lifeflow® meditation is all about . . . or bring a friend who wants to know more.

Wednesday 15 October  
7.30–8.30pm  
Lifeflow City Studio  
447 Morphett St, Adelaide

Find out more at:  
[www.lifeflow.com.au](http://www.lifeflow.com.au)

## Member feature – Andy Baldwin

*Andy is a glassblower, glass artist or 'crafty', depending on the day; he is also a student in Level 4 and long-term member of Lifeflow.*

### **What brought you into contact with Lifeflow meditation?**

As a child I was always curious to discover why we are here on planet Earth. For some reason I got the idea I could learn the answer through meditation.

I taught myself to meditate from books along Anthroposophical lines [a philosophy based on the teachings of Rudolf Steiner] when I was a teenager. Then I tried traditional Vipassana meditation before finding Lifeflow.

### **Did you have to do anything differently to make room for meditation in your life?**

Because I started meditating quite young, it was already a normal part of my life – sometimes more prominent, sometimes less.

### **What difference has it made?**

The more I meditate, the more space I have in my life to enjoy what I'm doing.

On retreat it's easy to open up to things going on around me so I find myself staring in wonder at small things like the play of light on the trees in the morning. When I return to my working life this kind of happiness stays with me for a while.

This state of openness is also a great source of inspiration for my work as a glass artist.

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### **What has surprised you about doing Lifeflow meditation?**

It's not as scary as I thought!

I was also surprised to find that meditation makes me more practical and less of a dreamer. But probably the biggest surprise was when I came home from retreat one day and could no longer fit into the messy life I had previously known.

### **What have you found valuable in the Lifeflow meditation classes?**

Learning simple tools for dealing with little and large things in life – like knowing the process the mind goes through when setting out to do something new.



Andy on the way to Stirling Ranges National Park in WA during a bike ride from the west coast of WA back to SA across the Nullarbor.

I've found enormous comfort in knowing more about the way my mind works: that the 'bad' emotions and mental states are just as much a part of the process of life as the good ones.

### **Any personal suggestions or tips for beginners?**

Work out when you find it easiest to meditate (e.g. morning or night). Start with short, regular practice. Enjoy it!

### **Is there a piece of advice you have received regarding your meditation practice that stands out?**

John [Burston] got me to learn mental quiescence (the process of resting the mind in the senses without thoughts: for instance letting your mind rest on a visual object like a brick; just observing

it without naming) and that felt like scraping the rust off an old pair of garden shears. It's my favorite practice but I just do it on retreat (as it requires a very balanced state of mind and intense periods of concentration).

### **Other interests/passions in life?**

Making Venetian-style wine glasses; going to the gym and working out with the lads; touring on my pushbike; rock climbing; and growing fruit and veggies in my garden.



## The monkey and the elephant



The meditation tradition has a wonderful image to illustrate how our minds and bodies work together. It is a monkey riding on the back of an elephant.

The monkey is our conscious mind or

Thinking Mind – this is our mind as we know it: thinking, planning and remembering. The monkey has a wonderful view – it can see clearly where it is going and where it has come from. It jumps around quickly, grabbing whatever it can. It doesn't even know the elephant exists, let alone that it is riding on the elephant's back.

The elephant is our body – our Emotions and Instincts, which form the subconscious part of our mind. The elephant has no awareness of the monkey either. It is only concerned with its immediate needs for survival, moving slowly and powerfully, responding to deep-seated instincts.

The monkey goes where the elephant goes, but it's not always vice versa.

The monkey doesn't realise it is not deciding where it is going. Because it can see, it has the illusion of making decisions, but it can't get anywhere without the elephant. In fact, because the elephant carries the monkey, the monkey goes where the elephant goes. But the elephant has nothing like the view of the monkey. It cannot plan or see the past and future.

This image demonstrates that the monkey is totally dependent on the elephant. The elephant could survive without the monkey, but the monkey is literally riding on the elephant's back. This explains why neat, well-planned decisions (made by the Thinking Mind) often have little relationship with what happens on the ground (the reality of the body).

Meditation brings your thinking (the monkey) and your emotions and instincts (the elephant) to their balance point, where they are both still. At this point the monkey and elephant are connected so they can talk to each other and work together. And the results can be extraordinary – by taking both mind and body into account, our plans and goals can be linked to the reality of our lives and bodies and therefore be achieved.

*Graham Williams*

## Classes – City Studio

20 October – 5 December



### Level 1

These classes teach newcomers how to meditate through a range of practical and easy-to-apply meditations, and there is sure to be one that suits your needs. Special rate for full time students under 26 – call us for details.

\$165/\$135 conc. inc gst  
Mondays 5:45–7 pm  
Mondays 7:30–8:45 pm  
Tuesdays 5:45–7 pm  
Wed 10–11:15 am  
Wed 7:30–8:45 pm  
Fridays 10–11:15 am

### Level 2

#### Mindfulness – moment to moment

Become aware of what is happening at the mental, emotional and physical levels to develop inner clarity and understanding.

\$150/\$115 conc. inc gst  
Mondays 10–11:30 am  
Tuesdays 7:30–9 pm  
Thursdays 5:45–7:15 pm  
Attend 3 consecutive modules to finish Level 2.

### Levels 3 and 4

#### Ethics

The understanding and experience you gain through the practice of meditation gives ethics a whole new perspective, because you can experience first-hand how your emotions and states of mind affect your actions.

\$165/\$135 conc. inc gst  
Level 3: Thu 7:30–9 pm  
Level 4: Fri 6–7:30 pm  
Attend 8 consecutive modules to finish Levels 3 or 4.

## Retreats – Tara Hills



### Joy of Being

Through meditation we can discover that we can take our emotional wellbeing into our own hands. As our feelings are our own, we can do something about them! By using particular Lifeflow meditations you can learn to create a deep sense of happiness and ease.

*Sold out!  
Waitlist available.*  
\$390 / \$310 conc. inc gst  
7 pm Fri 12 September  
– 2 pm Sun 14 September

### Music as Mantra

Music is the language of emotion, the language of feeling. During this weekend we will explore the links between music and emotion, and how Lifeflow meditation can provide a way to train our emotions.

\$390 / \$310 conc. inc gst  
7 pm Fri 31 October  
– 2 pm Sun 2 November

## Other events and news



### Essence of Clarity – go deeper with this visualisation session

Saturday 22 November 9–9.45 am, \$15/\$10 concession  
City Studio, 447 Morphett St, Adelaide. See next page for details.

### Go further with members-only retreats and classes

By becoming a member you can gain more support for your meditation practice with our members-only classes and retreats.

- \* Retreat: *Symbols, Eastern and Western*, Kurlana Sanctuary, 4–6 October
  - \* Formal visualisation: *Luminosity of Form*, Tara Hills, Sunday 26 October
  - \* Retreat: *Desire and the driving energy of life*, Tara Hills, 7–9 November
  - \* Summer 10-day retreat: *Life in Balance – linking the four streams of Lifeflow*, Tara Hills Retreat Centre, 28 December 2008 – 6 January 2009.
- You can find out more on our website, or ask a Lifeflow teacher.



# Meditation migrates South!

(Continued from page 1)

techniques to assist them in their work with groups and individuals.

For seven weeks the group spent half a day per week learning the fundamentals of meditation theory and a range of basic Lifeflow meditation exercises. They then had plenty of time to practise delivering the exercises to their colleagues, all in work time – professional development at its best!

The course was structured to allow people time to absorb the information and practise the meditation exercises. There was also lots of lively discussion, questions, stories and practical tips on how to work with them. The meditations taught were chosen for their simplicity and accessibility, to provide useful tools to enable people to experience a calm and balanced state, and help improve their physical and mental health.

Since the conclusion of the training in February, the Guides have been using their skills in a variety of ways within their workplaces and community. This has included guiding brief meditations at the beginning of staff meetings and before starting group work, and using meditation with individual clients, family and friends. One Guide even reported introducing overseas friends to Spot Meditations over the phone!

It was mostly due to the foresight of

senior social worker Cynthia Elliott that this inaugural course became a reality. Cynthia has been interested in meditation for many years and has attended several Lifeflow courses. It was from this connection with Lifeflow that, when funding became available, the course could be developed and delivered by our teachers.

Some of the comments from Guides at the end of their training included:

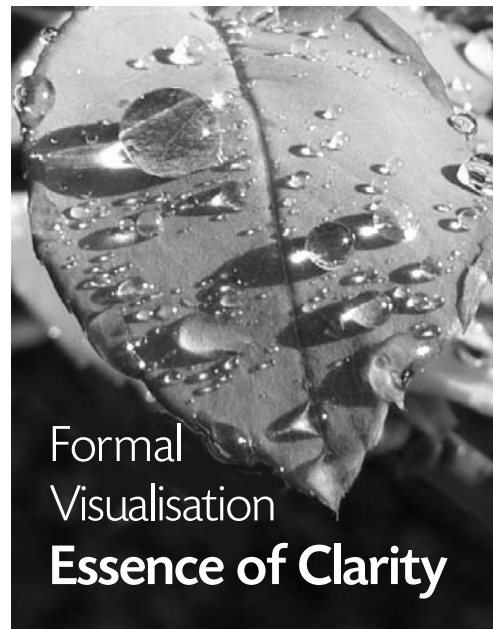
*(The teachers) have given us knowledge and allowed us to experience meditation and learn how to guide meditations in a wonderful and inspiring way. I have so many ideas about how to use it with clients . . . but most importantly, it is already a valuable tool for use in my own life. Loved the structure – moving from the provision of information/theory through to the practical parts where we were able to practise guiding meditations ourselves.*

*3 D's: well **deliberated** on, well thought out, **developed** and **delivered**, fantastic course – thank you.*

*An engaging and interesting course with personal and professional gains.*

Following the success of this course, the Guides program is set to become an ongoing Lifeflow course for health professionals.

*If your workplace or organisation would be interested in a Lifeflow Guides Course, please phone (08) 8353 0000 for more information or email: [info@lifeflow.com.au](mailto:info@lifeflow.com.au).*



## Formal Visualisation Essence of Clarity

This formal visualisation session will work with developing a deeper experience of the *Mind and Body Washing* meditation, as taught in Levels 1–4. Use it to refresh yourself! Adapted from the Tibetan tradition, the session includes visualisation and mantra.

**Saturday 22 November 9–9.45 am**  
**City Studio, 447 Morphett St, Adelaide**  
**\$15/\$10**

### Lifeflow Email Updates – free

These updates provide reminders about starting dates for courses, upcoming events and retreats, plus hot news of events of interest around Adelaide. Are you receiving your update? If not, email us: [info@lifeflow.com.au](mailto:info@lifeflow.com.au)

### Life Movements Newsletter – free

Four issues per year packed with interesting and informative articles about meditation and related topics, tips for meditation practice and lots more.

### Membership

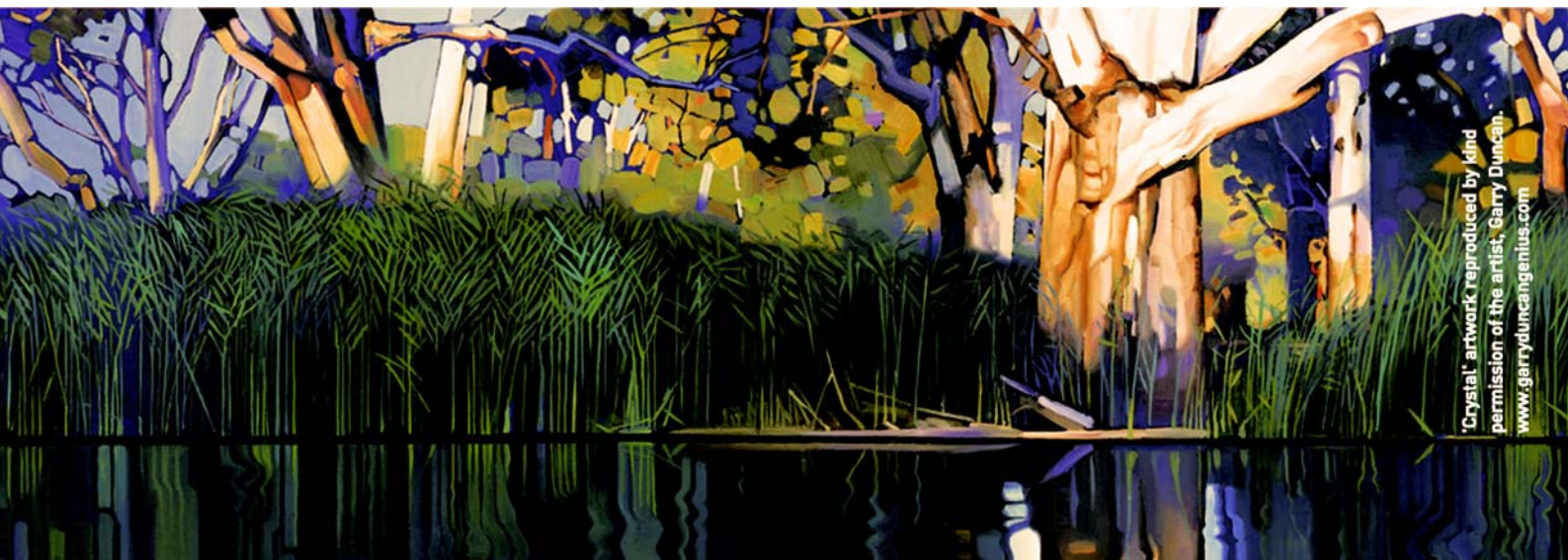
Individual rate: \$80/\$70 conc. per year inc gst.  
Couples rate: \$140/\$120 conc. per year inc gst.  
Receive *Life Movements* plus our email update, plus *Insight* (members-only newsletter), plus 10% discount to *all* retreats and courses, borrowing rights to our extensive library at Tara Hills, access to members-only retreats and more. See our website for full details.

**Privacy** – no address details are disclosed to external organisations.

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