

Meditation Lessons according to the teachings of Gururaj Ananda Yogi

Meditation Master, Dr. Vidya Anderson, will visit Fargo for the month of September offering classes and individual meditation instruction at no cost in class settings, to groups and to individuals.

Dr. Anderson is the President of the American Meditation Society and has been teaching meditation for 36 years. The Society promotes individually designed meditation programs that fit individual needs.

The purpose of meditation is to bring about a harmony between mind, body and spirit, to feel peace within yourself so that even though problems may arise, you remain peaceful. Meditation awakens virtues and positive qualities in combination with any religion.

The American Meditation Society was founded in 1976 by Gururaj Ananda Yogi, in addition to sister organizations in Canada, England, Denmark, Spain, Belgium, Ireland, Israel, and South Africa. For more information about the society go to www.americanmeditationsociety.org

The teachings of the society are based upon those of Gururaj Ananda Yogi which do not instruct within any particular religion but at the meeting place found in all religions. This universal approach is reflected in the emblem of the Society in which the symbols of all the great world religions are arranged around a central lamp, which represents the flame of divinity in each person's heart. These meditation practices are designed to help each of us to develop within our own spiritual path.





Gururaj Ananda Yogi

Gururaj Ananda Yogi (1932-1988) is one of the greatest spiritual teachers on the 20th Century. Born into the upper class of Indian society, he first encountered his spiritual master, Swami Pavitrananda, in his early teens. Under his guidance, Gururaj quickly attained self-illumination, but was compelled by the Swami to engage in Western society rather than commit to a reclusive ascetic life. He emigrated to South Africa, where he later founded the International Foundation for Spiritual Unfoldment, an umbrella for his teachings in many different countries. Today, through numerous worldwide national societies, the teachings of Gururaj Ananda Yogi continue to enlighten millions of people around the world regardless of religion, class, race or personal orientation.



Vidya Anderson, Ph.D.
President, American Meditation Society

Dr. Vidya Anderson is the President of the American Meditation Society. For eleven years, she studied, traveled and was personally trained by Gururaj Ananda Yogi. She received her doctorate in psychology from Indiana University of Pennsylvania and has most recently served on the faculty at the University of Tennessee. Vidya has also worked as a psychologist in private practice. Dr. Anderson has lectured and taught thousands of people to meditate in the US, England, Spain, South Africa and Canada. For more information or to talk with Vidya Anderson call the Spirit Room at 237-0230.

If you would like to schedule a free meeting for your organization or to schedule free individual sessions with Vidya, call the Spirit Room to make reservations or contact us by email at spirit@ideaone.net.



The Spirit Room Schedule for September 2008

Sunday, September 7th
(2:00 to 4:00 pm)
Spirit Room
Free

Title of Talk : At Home In an Ever-Changing World

Sujay and Vidya Anderson will speak about meditation and spiritual practice on Sunday afternoon at the Spirit Room. Sujay and Vidya have meditated for over 38 years. They studied and traveled in several countries with Gururaj Ananda Yogi for 11 years.

Sujay integrates meditation in his busy life as an international consultant in the information technology industry. Vidya is retired from her profession as a psychologist and faculty member at the University of Tennessee. They currently reside in Pennsylvania and will be in Fargo to share experience and information about meditation practice and its value in daily life.

Vidya and Sujay have spent a lifetime uncovering the secret of life, and find that it does not take a lifetime to uncover the key to living energetically, happily and lovingly. It is here now, within all of us. All that is needed is to listen with an open mind and open heart.

Beginning Meditation – A Tool for Living

Classes at the Spirit Room begin on **Thursdays**
at 7:30 pm on the dates September 4, 18, & 25
(no class 9/11).
Free

Meditation is a simple process that relaxes the body and mind within minutes by following simple techniques which allow the mind to settle into a state of calm, restful alertness. The class will cover basic meditation practice, the nature of the mind and how to handle thought intrusions A basic technique of meditation will be taught that is easy to learn, effortless and a useful tool for living a more stress-free life. Dress comfortably and bring a pillow. You will be lying down on a mat.

Intensive Instruction In Mantra and Visualization

Classes at the Spirit Room begin on **Saturdays** at 10:30 – 12:00 am on the dates September 6,13,20 & 27.

Free

Instruction in mantra meditation will be given that provides a rich inner experience. Additionally, the class will cover instruction in Tratak, an ancient visual meditation practice, used to dramatically increase the ability to focus and concentrate. This visual meditation practice also enhances and supports mantra practice. A pranayama (breathing) practice will also be taught which helps purify the body of toxins and enrich the oxygen content of the blood. Dress comfortably and bring a pillow. You will be lying down on a mat for one of the practices .For more information about the society go to www.americanmeditationsociety.org

Chanting and Meditation with Vidya Anderson

Sundays, September 7th 14 and 21

10:AM

Free

Change Your Perceptions “The Work” of Byron Katie - A two-part Workshop

Classes will be held **Sundays**, September 14 & September 21

1:00 to 3:00 pm

Free

According to Greek philosopher, Epictetus, “We are disturbed not by what happens to us, but by our thoughts about what happens.” In this workshop you will learn to effectively look at your thinking using “The Work” of Byron Katie. This is a deeply transformative process which is easy to learn. The old ways of perceiving ourselves and the world shift, we can see opportunities that were previously unavailable and experience a deep peace with ourselves. When thinking changes, what used to be a problem no longer appears as a problem. For more information about The Work go to www.thework.com

If you cannot attend both sessions, you may attend session #1 on September 14

Comments by Dr. Vidya Anderson: “I have been doing The Work since 2001 and have come to find that I can use The Work in a stressful situation and find peace and greater understanding of myself and others. I am able to move quickly from being deeply hurt and angered to a place of openness and acceptance of the situation. I know of no other process that can change my point of view so quickly and allow me to resume my sense of inner balance and serenity. As a long- time meditator, I find it works hand in hand with meditation practice.”

**Film of Gururaj Ananda Yogi speaking on
“The Relationship Between God and Man”**

Friday, September 26

7:00 pm at the Spirit Room

Free

Title: “The Relationship Between God and Man”

Gururaj addresses some of life’s most basic existential questions such as,
What caused man to feel separate from God in the first place? Who are we?
Where did we come from? Why are we here and what is our purpose?

Followed by Discussion

Retreat Day:

Theme: Perceiving Beyond Thinking with Dr. Vidya Anderson

Sunday, September 28th, 9:00 to 4:00

Free

Give yourself a gift! Join us for a day of meditation, relaxation, introspection and fun. This is an opportunity to get away from your daily routine and spend some time experiencing the beauty of your Inner Self. Deepen your meditation practice through group mediation and further understanding. The program will include: chanting, meditations, short talk, video of Gururaj Ananda Yogi, discussion, gentle yoga stretching and lunch.

About the theme: **Perceiving Beyond Thinking**. What does it mean to perceive or experience innocently? The mind functions in a limited way and we see and interpret our lives according to our perceptions. What would we be without our stories? There is an energy that makes things existent. The goal of humankind is to find that energy. The mind can not reach there but you can become one with this energy.

“ Divinity is there – the only qualification needed by a person to find their inner Self is sincere seeking.” ---- Gururaj

This programming is underwritten in full by a private donation to the Spirit Room which is a non-profit educational organization dedicated to enriching people’s lives through the development and practice of creative, contemplative and healing arts.