Hi everyone,

One of my meditation teachers, Chime Shore will be leading a Medicine Buddha *wongkur* on >>>>>>> at the Yoga Moves studio in Shenton Park. All are welcome including children. I am aware that for many people on the meditation database that just that amount of information is enough to make a decision. However, there are also those of you new to meditation generally and specifically to this particular form of meditation (which originates in Tibet) who may need more explanation. See below.

**Times:** ***Please do not arrive late.***

**10am:** Medicine Buddha *puja\** immediately followed by the Medicine Buddha *wongkur*.

**11am tea/coffee and cake**

**Venue:** Yoga Moves studio, 45 Evans Street, Shenton Park.

**What to bring:**

* *Please bring something which represents healing to you to put on a community shrine.*
* It is customary to offer *dana* at the end of a *wongkur*.
* There are cushions and chairs at the studio but if you have a favourite cushion or meditation stool please bring it with you.

**Bookings are not required.** There is no need to book – you can just show up (and having said that - for those attending for the first time – you might like to ring me on 0415 363 313 are coming so that I can fill you in on a few bits and pieces)... For those who have difficulty with ritual …this may not be your cup of tea…

**To recap for those who have been attending Richard’s meditation classes**: The primary meditation that is being taught by Richard is “mindfulness meditation”. Mindfulness meditation seeks to cultivate the capacity for a calm, flexible, interested awareness. These qualities, outside of formal meditation, become foundational in our approach to life with all its uncertainties. The meditation itself is very “ordinary” with an emphasis on simply being present on a moment-to-moment basis.

**What is a *wongkur*? And what is a Medicine Buddha *wongkur*?**

*Wongkur* both inspires and instructs. It is a form of sacred theatre and in Medicine Buddha the play is about healing. Using one’s imagination, one makes an inner ‘shrine’ or ‘temple’ in the mind for memory and it is with this ‘structure’ in mind or on this mental shrine that one thinks and reflects. *Wongkur* (and subsequent practice) is a way of posing and contemplating questions/issues that have deep meaning for one’s life using the language of the imagination.

Within each meditative tradition (remembering that the Tibetan word for meditation translates as being ‘familiarisation’) there are often different ways (sometimes called a ‘vehicle’) to practise/explore the same ideas/aspiration/questions. One way to familiarise ourselves with the feeling or mind-state of for example wellness/healing is to practice a form of meditation where the senses come into play. Using imagery through visualisations, sounds through mantra, the sense of smell through the use of incense, actions that evoke the feeling of giving or the sense of generosity (such as the throwing of rice, offerings) in a meditation that is presented more like a theatre performance, we can create a ritual that opens us to an experience of healing. What I am specifically describing is a meditation that originates in Tibet and it therefore comes with aspects of that culture which will initially seem foreign. Nonetheless at the heart of the practice is something quite universal and if we can suspend any initial resistance because of cultural differences or ritual elements, this form of practice can deeply unfold our lives...This form of meditation is known as *Arising Yoga*.

**This meditation on healing or wellness is called *Medicine Buddha* but the reflections raised by doing practice or the questions or aspirations brought to practice may be myriad…**

Using meditation as ***a*** tool requires more personal responsibility than perhaps is our habit…. It means to go within and ask if there is anything we can do for ourselves to promote our own healing/well being and not only reach outside ourselves for help. On the flipside… some need to find the capacity to reach out for or accept assistance.

*As an example… One notices that one is … sick/angry/unhappy/anxious/afflicted etc… that there is a ‘patient’ present who needs support/help/healing. Assuming that one notices this and does not react reflexively it raises the question: How does one respond? What are ‘good’ criteria for this state in this moment for a sane assessment and action…?*

**Some of the questions that may arise are:**

What is the nature of what I need to be well? What is wellness?

How do I maintain some calm in this process if the anxiety is off the scale?

All of life could be seen as potentially medicinal… holidays, resting, study, work, relationship, periods of time alone or silence, retreat, resting, sex, food, exercise, yoga, creative endeavours? How do I decide which is the ‘right’ medicine and the ‘right’ dose for this moment in time…?

Is it possible for me to find the parts of myself that embody the qualities of doctor, nurse AND patient?

How do I find my internal doctor/healer? How do I listen for the wisdom that is within?

What is wholesome for me? What is unwholesome for me? What unfolds my life in a way that promotes calm and joy?

How do I support my own growth/healing?

How do I join with others in this quest and remain empowered in the process?

How do I serve others in their quest and not only not disempower them but empower them to direct their own process?

How do I balance my need to direct my own healing process and accept help from others?

What if letting go of control and asking for and accepting help is what is required to heal? What if taking control is the antidote required in this instance?