

BOOKING FORM

Name:
Address:

Postcode:

Telephone: Email:

Please tick where appropriate:

Resident, full board, single en suite room £175

Resident, full board, single room / shared facilities £149

Non-resident (incl. lunch and supper) £95

Please state any particular dietary requirements (e.g. vegetarian):

Please state any special needs (e.g. level access room):

PAYMENT DETAILS

Payment is by cheque payable to: **'Christian Meditation Trust (UK)'**

(Please do **not** make cheque out to WCCM)

Send a deposit of £50 for residents, or £30 for non-residents, with the Booking Form. This is non-refundable after 1st May 2009. The full amount is due by 1st May 2009.

Please return your completed form with cheque to:

**UK Conference 2009, Jacqueline Russell, 15 Helford Close,
Aylesbury, Bucks. HP21 8BG jacq@wccm.org 01296
488450**

ANNUAL UK CONFERENCE 2009

LEADING THE MIND INTO THE HEART: the path of Christian Meditation



Cut along this line

**Friday 12th June - Sunday 14th June 2009
University of Stirling, Scotland**

LEADING THE MIND INTO THE HEART: the path of Christian Meditation

Research in neuroscience has shown how meditation can effect brain waves positively, both calming and invigorating the mind. Those involved in holistic therapy have also noted the healing effect meditation has on the whole person, body, mind and spirit. In this Conference we will be looking at how meditation integrates us by drawing the mind into the heart where thought and feeling meet. By centring mind and body in the depths of the spirit we become whole. By learning selfless attention we learn how to purify the intentions of our heart so that the fruits of meditation are to think wisely, to live fully and love deeply.

SPEAKERS

GRETCHEN STEVENS Gretchen is Director of the Centre for Complementary Care in West Cumbria, where she has practised healing by gentle touch for 19 years, with remarkable results. She says, "A discipline of silence, meditation and prayer lies at the heart of the work. Healing follows as a natural consequence". Gretchen spoke at the 2002 conference and was very well received.

STEFAN REYNOLDS Stefan is an Oblate of The World Community for Christian Meditation. He learnt meditation with Bede Griffiths in India and over the years has worked with Mother Theresa, and at L'Arche, and has run his own restaurant in London. He is currently working on a PhD in English Medieval Mysticism and is regularly asked to teach on meditation and the mystics.

SHANIDA NATARAJA Dr Nataraja trained as a neuroscientist and is the author of 'The Blissful Brain', a book which presents the scientific rationale for the integration of meditation in our everyday lives. Shanida has practised mindfulness meditation for many years, and has received basic instruction in Christian mantra meditation, Tai Chi, Chi Gung and yoga. She presented an excellent evening on 'The Blissful Brain' at the London Centre earlier this year.

MUSIC

'CAIM' - a capella Celtic singing duo, Jacynth Hamill from N. Ireland and Heather Innes from Scotland will enrich the weekend. (Hwww.cluniemusic.comH)

WORKSHOPS

Among the choices will be Yoga, Tai Chi, Simple Massage, The Blissful Brain, Hitting the Wall, Learning to Meditate, Meditation Surgery, From Garden of Eden to Kingdom of Heaven.....

FURTHER INFORMATION & ENQUIRIES

Contact: Jacqueline Russell jacq@wccm.org 01296 488450

UNIVERSITY OF STIRLING

It is very good to be holding the Conference in Scotland for the first time. Stirling is "the gateway to the Highlands". The University claims to occupy the most picturesque campus in Europe, set in parkland overlooked by the Ochil Hills and the Wallace (Braveheart) monument. It is 2 miles outside Stirling. If you are a long way from Stirling you may want to work out travel arrangements or consider extending your stay in Scotland before you decide to book, so there is an information sheet enclosed.



ACCOMMODATION

Participants will stay on campus in a student hall of residence. You can choose between single ensuite rooms or a single room in a cluster of seven with shared facilities. There are no double/twin rooms. Some level access rooms are available, but there are no lifts in the accommodation. Campus is mostly flat, with a few moderate inclines, and is wheelchair friendly. Walking times from accommodation to conference meeting rooms are max. 7/10 minutes and the path takes you across the loch.

FEES AND BURSARIES

Conference fees are shown on the booking form overleaf. The Community has set aside some funds to help meditators who could not otherwise afford to come to the Conference (such as the unwaged). Bursaries covering up to 75% of the Conference fees are available. Apply early as the funding is limited. To apply, contact Roger Layet, 3 Linemere Close, Backwell, Somerset BS48 3PX. Hroger.layet@btinternet.comH 01275 463727 You may be asked to provide a reference.



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FULL TRAVEL INFORMATION

BY ROAD The campus is located on the A9 between Stirling and Bridge of Allan. If travelling from the south, via the M80/M9, or from the North via the A9, take the Bridge of Allan turn-off at the Keir roundabout (junction 11). The campus is located 2.5 miles away (go through Bridge of Allan). Park initially in Cottrell car park, leave your luggage and walk to Queens Court (signed) – about 150 yards – and go into the Andrew Miller building and up stairs to register. You will be directed to another car park nearer to the accommodation after registration.

BY RAIL Stirling is connected to Glasgow Queen Street (3 trains/hour, journey time 25- 40 minutes) and Edinburgh Haymarket and Edinburgh Waverley (2 trains/hour, journey time 50 minutes). Trains from the south to Glasgow arrive into Glasgow Central: it is a walk of a few hundred yards from Central to Queen Street. Trains from the south to Edinburgh stop at both Haymarket and Waverley: for Stirling, it is better to change at Haymarket.

BY AIR Glasgow and Edinburgh airports are the obvious routes. In Glasgow, the airport bus takes you to various city centre stops. You need Glasgow Queen Street station, not Glasgow Central. Buses run every 10 minutes, journey time about 20 minutes, return fare £6.50. In Edinburgh, the airport bus calls at Haymarket en route to Waverley, its terminus. Every 10 minutes, journey time 20/25 minutes, fare £5 return. If coming this way, we recommend that you alight at Haymarket: this is advertised as the airport link station and will save you time. The driver usually announces when he is arriving at the Haymarket bus stop. From Stirling Station, either take a taxi (2 mile journey) or walk a hundred yards or so to Murray Place where you can catch any one of buses 50, 53, 54, 58, 62 or 63 – all of which will set you down at Queens Court just outside the Andrew Miller building. Go in and up the stairs to register.

A note for disabled participants: if you come by car, drive straight to Queens Court where there are disabled setting down spaces. After entering the Andrew Miller building, look for the lift to avoid the stairs.

Eco-reminder: please consider the environmental impact of your travel choice. The main airlines flying to Scotland offer easy to use carbon offset schemes.

MORE INFORMATION

For more info about travel, facilities for the less able, or other queries, *but not for booking*, please contact Margaret McLaughlin 0141 569 7767 or Roger Layet roger.layet@btinternet.com

EXTENDING YOUR STAY

If you are interested in staying longer at Stirling, the University would be pleased to give you more information, or to send you its Visitors Guide brochure, which includes a list of local attractions such as Stirling Castle, Bannockburn battle site and the Falkirk Wheel. Contact holidays@stir.ac.uk or 01786 467142 or Commercial Operations Department, University of Stirling, Stirling, Scotland FK9 4LA. Website www.holidays.stir.ac.uk



Christian Meditation Trust UK
(part of WCCM)

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