

MEDITATION WORKSHOP AT THE VEDANTA CENTER OF ATLANTA  
OCTOBER 8, 15, 22, 29 - 2016

**Torah-Veda Meditation, Self-Discovery, and self-Transformation.**

This series will cover the basics of the theory and practice of meditation grounded in time-honored Himalayan and Kabbalistic teachings. It is suitable for beginners with an earnest interest in committing to and furthering their spiritual growth, as well as more experienced meditators who would like a refresher, re-charge, tune-up, or perhaps a different perspective.

Course outline:

Session 1: The Body. After a general overview, we begin our journey within (from the small self, with a small "s" to the big Self, with a capital "S"), at the level of bodily awareness. What can we do with the body to use it as a vehicle for productive spiritual growth, and not a hindrance? Meditation postures. Lifestyles and approaches conducive to spiritual growth.

Session 2: Breath/Life Force/Prana. What is the nature of our breath and correlation with our life force/prana? Breath/Life Force/Prana as an important link between the body and the mind. Breathing/pranic exercises to assist coordination and calming of the body, breath and mind.

Session 3: Mind and Emotion. What is the mind? What are its various functions? What are emotions? How do mind and emotion interact? What can we do to harness the instrument of the mind and the powerful forces of emotions to aid in our spiritual growth in a constructive, upward spiral, instead of being caught up in a vicious cycle or even downward, destructive spiral?

Session 4: Spirit/Consciousness. How is consciousness distinct from mind? What is its relationship to Spirit? What are the various states of consciousness? How to distinguish between identifying with the small self that prevents our spiritual growth, and the large Self that aids our spiritual growth? Connecting with the still, quiet voice within, the eye of the storm.

About the Instructor: Steven J. Gold, BA Antioch College, Philosophy and Religion; JD Emory Law School, is the founder/director of the cyberspace center, Torah-Veda and the author of *Yoga and Judaism, Explorations of a Jewish Yogi* (2007), *Ivri: The Essence of Hebrew Spirituality* (2010), *Torah Portion Summaries; With Insights from the Perspective of a Jewish Yogi*

(2010), and *Basic Spiritual Principles* (2011). He has been an initiate, student, practitioner and teacher in a Himalayan meditation tradition for over 35 years and a student of Kabala and Hebrew Spirituality for over 20 years. In addition to his ongoing avocation as a meditation teacher, he was a practicing attorney in the Atlanta, GA area for many years, and transitioned into his current vocation of providing professional mediation services.

Dates: Four successive Saturdays, Oct. 8, 15, 22, 29, 2016

Time: 11 AM to 1 PM

Location: Vedanta Center of Atlanta; 2332 Brockett Road, Tucker, GA 30084; (Corner of Adrian and Brockett, one block from LaVista.)

Cost: Free and open to the public. Donations gladly accepted.

Note: These sessions are cumulative, and there is benefit to taking all or most in the series, but drop-ins are welcome.

Questions: Contact Steve Gold, [torahveda@gmail.com](mailto:torahveda@gmail.com) or 770-270-8290.