

Conscience Month Webinar #1

Awakening to Oneness Panel Discussion

Perspectives on Meditation and Contemplative Practices

Friday, January 8th • 3:00 - 4:30pm ET

Presented by:

The American Meditation Institute americanmeditation.org

Interfaith Center at Oxford, Ohio oxfordinterfaithcenter.org

Start the Wave startthewave.org



The Panelists:

Leonard Perlmutter (Ram Lev), *AMI Founder*

Rev. Will Rucker, *Pastor, Intersection Interfaith Community*

Prof. Murshida Stephanie Nuria Sabato, *Sufi Initiate*

Illarion (Larry Mercurieff), *Wisdom Weavers of the World*

Katie Breslin, *Quaker Ministry*

Brad Warner, *Ordained Zen Buddhist Monk*

Please join us as six national spiritual leaders offer a thought-provoking and inspiring discussion of meditation and contemplative spiritual practices in the time of COVID-19.

Each panelist will speak about how their own spiritual practice affects the confusion, fear and pain the COVID-19 pandemic has brought the world. But COVID-19 is only one of many crises. We are struggling with other critical social dilemmas such as inequality, injustice, poverty, pollution, climate change, and human and animal rights.

We're facing situations that we have never had to deal with before, and the exterior sources of direction we look to—social media, news outlets, religions and government—are giving us conflicting advice.

We've been looking outside ourselves for almost everything. We even seek directions for our own happiness, health and success from the outside world. But our current global culture promotes competition, fear, greed and self-gratification. As a result, we feel pain, fear, isolation, and loss. And the truth is that we are seriously harming ourselves, others, and our planet.

More and more of us are now seeking

better direction by looking within, seeking within and discovering happiness, health and purpose through self-inquiry. Most spiritual traditions and religions already have meditative or contemplative practices, and there's no one term that captures all their meanings. Recognizing this limitation of language, the word "meditation" will be used as a general and inclusive term throughout the discussion.

The benefits of these practices are many. Most importantly, they are our direct path to the Divine wisdom within every human being.

A daily meditation practice enables us to see ourselves and our world as we truly are—one undivided whole. And when our perspective changes, our experience also changes. When we increasingly rely on our inner wisdom (or Divine knowledge), our courage grows with every skillfully chosen thought, word and deed.

How each of us comes to meditation and to the experience of unity and love is as unique as we are. In this auspicious moment, by participating in this webinar's conversation, we are planting the seeds that will empower all of us to grow into a higher and more unified consciousness.

This special webinar is open to the General Public.

Please join us on Friday, January 8th!