

# Communicating Vessels Center for Meditation, Inc.



## Yoga, Dance, and Art

aligning the mind, the body, and the spirit



News at the Center  
February 2007

### 8 Points for Making Meditation Easy & Enjoyable

by Jim Malloy

**1. Put your expectations aside regarding what is “supposed to” happen in meditation.** There is not one specific experience you are supposed to have when you meditate which indicates that it is “working.” There are numerous possible experiences, and virtually all of them are ok. That includes experiencing nothing but a lot of thoughts, as thoughts in meditation are one of the ways that stress is released.

**2. Put aside the idea of “getting it right.”** There is really no such thing as right or wrong, successful or unsuccessful meditation.

**3. Approach meditation with “relaxed effort.”** While it is necessary to make some effort to focus, there is no need to try too hard to concentrate or stay focussed.

**4. Don't try to make your mind blank, or chase thoughts away.** There is no need to try to relax or quiet your mind. If you follow the steps of the meditation method you are using, varying degrees of relaxation and inner peace will occur automatically. When thoughts arise, rather than resisting them, simply give them the space to come and go or to linger there, like minor characters on the “stage” of your mind, while your primary object of focus - breath, light, mantra, etc. - remains the central character.

**5. Each meditation session will be somewhat different.** In some sessions you will feel a little peace and relaxation. Others will be very deep and quiet. Some of your meditations may bring profound insights or interesting phenomena. Others will seem as though nothing is happening except for a bunch of thoughts. Regardless of what seems to be happening, if you are following the basic guidelines of your method, something valuable is happening each time you meditate. Even if it seems as though nothing is occurring, the meditation is catalyzing positive changes on a level that is deeper than you may be aware of. Before long you will begin noticing these inner changes manifesting in your life.

**6. Meditation clears away stored up “stress” and “physical/emotional toxins.”** If you find that you are releasing accumulated stress or toxins in your meditation - or outside of meditation - be aware that a valuable healing process is occurring, and will pass shortly, leaving you free of these limiting negative energies. How do you recognize this? You may experience some negativity, according to the type of stress or toxins you are releasing. If it is physically-related, you may feel a bit tired or physically “off.” If it is emotionally-related, you may experience some of the feelings or memories associated with the stress you are releasing. If this should occur, it is important to continue with your regular meditation schedule, as this facilitates the release process.

**7. You will, at times, find yourself resisting meditation.** You may experience this consciously, or you may unconsciously devise a variety of creative ways to avoid meditating. This occurrence is mostly due to an inner force which we all have within us that resists growth and change. You also have a force within you which gently urges you to grow and make positive changes. Try to follow this positive evolutionary force.

**8. The less concerned you are about what you experience in your meditation, the easier and better it gets.**



### FEBRUARY SATSANG

For February, inspired by *True Love: A Practice for Awakening the Heart* by Thich Nhat Hanh, we will appropriately be looking more closely at love and its many manifestations. Join us on Sunday mornings at 9:00 am for the following Satsang discussions:

**Sunday February 4th** - The Four Aspects of Love

**Sunday February 11th** - Love is Being There

**Sunday February 18th** - NO SATSANG (PRESIDENTS' DAY HOLIDAY)

**Sunday February 25th** - Deep Listening

Touching our heart with the energy of mindfulness, breath in: I know that you are there; breath out: thank you for being there. If you keep that up for a few minutes, you will perceive that your heart is one of the basic conditions of [y]our happiness. Our heart is still functioning normally. Our heart works night and day to preserve our well-being and peace. As for us, we have the time to sleep, but not our heart. Our heart pumps thousands of liters of blood every day so it can irrigate all the cells in our body, without taking a break. Nonetheless, we have not paid enough attention to our heart, and we eat and drink in such a way that our heart suffers in silence, day and night, year after year. We must turn to our heart and practice the third mantra: “Dear one, I know that you are suffering; that is why I am here for you.”

- Thich Nhat Hanh

238 Third Avenue SE, Albany, OR 97321  
619-2243 or 619-8069 cvcenter238@gmail.com www.communicatingvessels.org

# Communicating Vessels Center for Meditation, Inc.

## Winter Class Schedule (January 8 to March 24)

**Monday**  
6:30 - 7:30 **Meditation** Open  
7:30 - 8:30 **Yoga** Wake-up  
10:00 - 11:00 **\*Yoga** Bring Baby  
12:00 - 1:00 **\*Yoga** Stress Management  
1:00 - 2:00 **Meditation** Open  
3:30 - 4:30 **\*Art** Kids Love Clay  
5:30 - 6:30 **Yoga** Gentle  
6:30 - 7:30 **\*Art** Movement, Art, and Crafts  
7:30 - 8:30 **\*Dance** Salsa  
8:30 - 9:30 **\*Dance** Hustle & Nightclub 2-step

**Tuesday**  
6:30 - 7:30 **Meditation** Open  
7:30 - 8:30 **\*Yoga** Wake-up  
10:00 - 10:45 **\*Art** Fun for Preschoolers  
10:00 - 10:45 **\*Dance** Tot / Adult  
12:00 - 1:00 **Yoga** Stress Management  
1:00 - 2:00 **Meditation** Open  
4:00 - 5:00 **\*Dance** 7 / 9 year olds  
5:30 - 6:30 **Yoga** Gentle  
6:30 - 7:30 **\*Yoga** Family

**Wednesday**  
6:30 - 7:30 **Meditation** Open  
7:30 - 8:30 **Yoga** Wake-up  
12:00 - 1:00 **\*Yoga** Stress Management  
1:00 - 2:00 **Meditation** Open  
3:30 - 4:30 **\*Art** Watercolor for Kids  
5:30 - 6:30 **Yoga** Gentle  
6:30 - 8:00 **\*Art** Sculpting the Head in Clay  
7:30 - 9:00 **\*Dance** Basic Swing

**Thursday**  
6:30 - 7:30 **Meditation** Open  
7:30 - 8:30 **\*Yoga** Wake-up  
10:00 - 11:00 **\*Dance** 3 / 5 year olds  
12:00 - 1:00 **Yoga** Stress Management  
1:00 - 2:00 **Meditation** Open  
4:00 - 5:00 **\*Dance** 7 / 9 year olds  
5:30 - 6:30 **Yoga** Gentle  
6:30 - 7:30 **\*Tai Chi** Beginning

**Friday**  
6:30 - 7:30 **Meditation** Open  
7:30 - 8:30 **Yoga** Wake-up  
12:00 - 1:00 **Yoga** Stress Management  
1:00 - 2:00 **Meditation** Open  
5:30 - 6:30 **Yoga** Gentle

**Saturday**  
9:00 - 10:30 **Yoga** Vinyasa  
10:30 - 12:00 **Dance** DancingRound company class

**Sunday**  
9:00 - 10:30 **Meditation** Satsang

## GUEST YOGA TEACHER

We are excited to announce that Susan Cegavske will be teaching the Saturday morning Vinyasa class on February 3rd and February 10th from 9:00 to 10:15 am. Susan grew up in Albany and graduated from West Albany High. She is a world traveler and returns to this area to visit her family. Susan received her yoga training in Sivananda Ashram in India. Her practice includes all the yoga paths: karma, bhakti, naja, and juana. She has so much to share with us from all her experiences; you won't want to miss her classes. (Class fee \$10.00 per class)

## MUSIC

On **Saturday February 10th** we will be privileged to hear love songs from **Jimpi and friends**. This will be the perfect way to celebrate Valentines' Day. Please join us at **6:30 pm** for an hour of songs from the heart. Jimpi has been a songwriter and performer for many years and plays the guitar and clarinet. One of his fondest memories is recording songs with his younger brother John. Jimpi recalls that John had to cue him for the beginning of each verse as sometimes he would get lost in the music!



## DANCINGROUND Performance Company

The DancingRound Performance Company has set its spring concert date for Friday March 23rd. The company is resetting two dances choreographed by company director Brooke Bigelow and also working on a new piece collaboratively choreographed by members of the company. It should be a creative and happy evening of dancing. Please plan now to attend. For more information call 619-2243.

## COMMUNITY FORUM

The CV Center is a non-profit corporation. It keeps its doors open through rents paid by instructors for the classes taught here and by donation. If you are interested in becoming more active in the meditation center, please join us for an **Open Community Forum** meeting on **Sunday February 11th at 10:30 am**. Everyone is welcome to the meeting. We are anxious to hear from our community and neighbors. Your ideas, comments, and suggestions are invaluable to us. We hope to see you there. (If you can't make the meeting but would like to be involved, please contact Brooke Bigelow at 619-2243 or Jimpi at 619-8069.)