

**Buddhist Meditation**

**in the Samatha tradition**

Samatha means calm. Samatha meditation is an effective but gentle way of training the mind to develop inner strength and freedom from turmoil, leading on to clarity and understanding. By regular daily practice the chattering, unruly mind gradually becomes calmer and develops clarity. The way our mind works becomes less confusing to us and we begin to understand the habits of mind that hold us back from happiness and freedom. We become kinder to ourselves and those around us. Meditation is a practical matter: increased awareness brings an ability to make the most of ourselves in our daily lives.

**Mondays at 7pm**

**Holborn House Community Center**

**35 Emerald Street WC1N 3QW**

Complete beginners are very welcome. No previous experience of meditation is required. The teaching is free. Donations to the Samatha Association are welcome.

Feel free to just come along, start any week.

Any questions, email [SamathaWestminster@outlook.com](mailto:SamathaWestminster@outlook.com)