Trinity Term New Well-Being Offering with Ally Stott:
Embodied Earth Meditation Sessions in the Chapel and on Port Meadow

Meditation Dates and times:
All sessions begin at 3.30pm on Thursday afternoons
- 25th April – chapel
- 2nd May – meadow
- 9th May – chapel
- 16th May – meadow
- 23rd May - chapel
- 13th June – meadow

Meditation Introduction:
For thousands of years, in caves, forests, by rivers, in chapels, halls and huts, alone and in
groups, people have engaged in meditation. The practice of meditation is as relevant today as it
was for our ancestors many moons ago.

Mediation is a practice of experiencing the presence of our original nature and living moment
to moment as this. No matter what is happening in our lives, this ground of Being, is always
present. At times we can feel distanced from our body, Earth and this ground of Being.
Meditation helps us draw this into the foreground of our lives.

Over time a regular meditation practice enables us to be with the winds of change as they blow
through life with less drama, anxiety and suffering. This way offers an alternative to following
the habitual patterns of thinking and behaving that tie us up in knots and create feelings of
unworthiness and separation. Through practice we begin to experience the sky-like quality of
awareness that is unaffected by the difficult thoughts, judgements, stresses, pain, grief, ease,
joy and confusion that we all feel. The essence of our original nature is luminous and
unshakable, woven through all creation, which includes you.

What to Expect from Meditations in the Chapel and Port Meadow:
These meditation sessions last for an hour and will happen both inside the chapel and outside
on Port Meadow, with the life of the meadow and weather of the day. Each session will be
oriented around one of the elements of Earth, Air, Fire and Water. Sessions on Port Meadow
will include slow embodied walking meditation, sessions in the chapel will orient around sitting
meditation. All sessions will include time for sharing and questions.

Simply taking a walk in our broader nature, feeling the Earth beneath our feet and being
touched by the shapes, scent and colours has huge and well documented benefits for mental,
physical and emotional health and wellbeing. Doing this consciously, with an intention to be
aware deepens and expands your sense of being, and weaves you back into the interwoven
web of relationships with all beings, that you have never been apart from.
For sessions on the Meadow bring all that you need to be comfortable outside in unpredictable weather for an hour. Meet at the entrance to Port Meadow at the end of Walton Well Rd, 10 minutes beforehand, to give yourself time to arrive and transition. Meet in the chapel 10 minutes before the session starts, to give yourself time to arrive and transition.

To support our practices phones will be off for the duration of the sessions.

**Ally’s Website:** [https://www.allystott.co.uk/](https://www.allystott.co.uk/)