

Michaelmas Term 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 (apart from Week 5).

- Week 1: Thurs October 17th** on the Meadow
- Week 2: Thurs October 24th** on the Meadow
- Week 3: Thurs October 31st** on the Meadow
- Week 4: Thurs November 7th** on the Meadow
- Week 5: Monday November 12th** in the Chapel
- Week 6: Thurs November 21st** in the Chapel
- Week 7: Thurs November 28th** in the Chapel
- Week 8: Thurs December 5th** in the Chapel

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 ecology of the meadow and weather of the day. Each session will be oriented around one of the elements of Earth, Air, Fire and Water through embodied awareness. Sessions on Port Meadow will include slow embodied walking meditation, sessions in the chapel have a ground of somatic awareness and 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, in the cooler months bring an extra warm layer with you.

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

Ally's Website: <https://www.allystott.co.uk/>

