

Calgary Meditation Group of SRF Meditation Guidelines

Meditating in a Group:

Devotees come together in silent fellowship to reinforce each other's efforts toward Self-Realization. We are happy that you are interested in joining us for group meditation and thank you for considering the goals and guidelines of the group.

Goal: To create an atmosphere of sacred stillness.

Suggested Guidelines:

- Wear clothing that is made of soft fabric (no nylon) both for personal comfort and silence.
- Arrive early so you can choose a seat. It is important, once meditation is in progress, that we do not create a disturbance for others. If you know you will need to leave before the end of the meditation, please sit close to the door for easy and quiet departure (during a chant only). If you arrive late, please wait for a chant before quietly entering the meditation room.
- Members are asked not to enter or exit the meditation room during silent meditation periods, if at all possible. During chants is a good time to use the washroom if needed in longer meditation sessions.
- In consideration of others who may have sensitivities, minimize the use of perfumes or lotions and deodorants with strong scents.
- Turn off electronic devices before entering the chapel or leave them in the car.
- Do not speak or carry on whisper conversation with other devotees during silent meditation periods. Whisper voices, no matter how low, can still be heard when a room is silent.
- Even after the meditation service, it is suggested that discussions be held outside of the meditation room, out of respect for individuals who may be sitting quietly in devotion and prayer after the service is over.
- Practice the techniques silently. Remain still and quiet during meditation periods. Minimize shifting of Om boards or fidgeting of the body. If you need to stretch or stand, wait until a chant.
- Please restrict to periods of chanting the use of water bottles, or accessing other items in a bag.
- If you have a health condition that may cause disturbance to yourself or others please consider sitting in an area in the meditation room where you are least likely to impact others. If coughing, burping, growling stomach, etc. is problematic, you might choose to sit close to the door so that you may easily excuse yourself if there is a need. Eating lightly before meditation and two hours or more ahead can be helpful and also allows for deeper meditation.
- When using the washrooms, if there is a Sunday School Class in session in the kitchen/lounge area, please have consideration for the students by being silent and as non-disruptive as possible.

Thank you for taking the time to read this information and for helping to create a spiritual environment conducive to inner communion with God.

If you have any questions, please do not hesitate to contact the Managing Council at by email: calgarymanagingteam@gmail.com.