



The Centered Path

Parker Insight Meditation

See our website:

Thecenteredpath.org

12539 N. Hwy 83, Unit B1
Parker Colorado, 80134

Meditation and Mindfulness: One of the best solutions to better manage stress and learn to adapt and overcome all sorts of mental and physical troubles! We offer group classes each week and individual sessions by appointment. Each week a different aspect of meditation will be focused on. These can help you make your life better and reduce your personal suffering, whether it is physical, emotional, or spiritual.

Learn the basics of meditation practice and the when's, how's, why's and what's of meditation and mindfulness practice.

Benefits of meditation and mindfulness...

Benefits of meditation are cumulative and does not lose effectiveness over time. This means you can pick up right where and when you left off. Meditation is a practice that it takes effort and time in order to see improvement. It is just like practicing to worry. Many of us do that on a daily basis and we become very good at it.

- ✓ Reduces stress and worry
- ✓ Reduce anger and resentment
- ✓ Decreased muscle tension
- ✓ Improved performance on all levels
- ✓ Control emotions and recognize feelings
- ✓ Slows the aging process
- ✓ Builds compassion and wisdom
- ✓ Deepens understanding of the self
- ✓ More self-control
- ✓ A sense of connectedness
- ✓ Reduced heart rate and blood pressure
- ✓ Increased ability to concentrate
- ✓ Harmonizes the endocrine and neurological systems
- ✓ Helps in healing
- ✓ Greater spiritual and mental calmness and confidence
- ✓ The realization that now is your greatest gift
- ✓ You decide...

Services/meditation class topics:

Metta. Loving Kindness
Gratitude
Mantra for personal use
Silent sitting
Bigger thinking
Healing body scan
Pain and suffering
Death and dying
Pranayama and specialty breath work
Vipassana insight meditation
Mala work
Beginner's meditation
Success and accomplishment
Tactical mindfulness for first responders

Half day workshop on Meditation and Mindfulness:

Eating meditation
Sitting meditation
Walking meditation
Body scan for healing and wholeness
Chakra balance
Movement meditation
Mantra meditation

What can meditation and mindfulness help?

Depression, anxiety, nightmares, over active mind, worry, aggression problems, recurrent troubling or bad thoughts, pessimism, loneliness, and mood disorders, poor self-esteem, Chronic pain, impulsiveness, fear, stress, lack of focus, scattered mind, memory, ADHD, PTSD, IBS, High blood pressure, rapid heart rate, inflammatory disorders, Panic disorder, loss of focus, asthma, PMS, menopausal symptoms, chronic disease processes...

Why meditation and mindfulness?

In practice for over 25 years, I have been able to dramatically change not only my own life but the lives of every student that has continued with personal and group practice.

Check us out on line for more! We post daily somewhere and send out videos and emails to help you in your personal quest for great health.



Facebook (/thecenteredpath)



Youtube (/thecenteredpath)



Twitter (@centeredpath)

Dr. Sean H. Thompson (Reverend) has taught meditation and mindfulness for over fifteen years.

Founder and board member of the International Order of Buddhist Ministers as well as a Delegate of the United Nations Day of Vesak Conferences, he began his practice in martial arts over 35 years ago and continued on to a more philosophical approach which lead him to mindfulness and meditation practice and his Buddhist journey on the Centered Path.

He is a fully ordained and classically trained Buddhist Minister, Dharma name: Dhammajivaka. He practices a non-denominational Buddhist practice of 'Chan' which is the precursor to modern Zen. His teachers are: Ven. Bhante Chao Chu, LABU Abbot of Rosemead Buddhist Monastery (Mahayana), Ven. Dr. Walpola Piyananda, (Theravada) Abbot of Dharma Vijaya Buddhist Vihara, and Rimpoche Jigme Dorje, Abbot of Khawalung Monastery (Vajrayana)