

## *Gator Evening Meditation (GEM) Classes*

**T**he desire for peace, happiness and contentment is innate in all human beings. This desire leads us to seek peace and happiness outside us – in money, power, entertainment, and relationships. But our life's experiences show us that it is a vain pursuit. Our constant attempts to attain peace by shaping our external conditions are not only unsuccessful but also are the root cause of our suffering – dissatisfaction, stress, and anxiety. Peace and happiness is within all of us but we seek it outside us. We need to seek it inside us, within our consciousness. Meditation is the process to go inside our minds and connect to the consciousness - an infinite reservoir of inner joy and bliss. Once we start experiencing that joy, life becomes a fulfilling experience and our external circumstances have little or no impact on us. Different religions offer different paths to experience this inner joy. Though they appear to be different but they are very similar at a deeper level.

**D**ifferent religious and spiritual clubs in UF have joined their hands together to offer an introduction to meditation through weekly evening classes. These classes will explain the basic concept of meditation and will also introduce various types of meditations practiced by yogis, Sufis, Buddhists, and Christians. In this one hour class, there will be guided meditation for half-hour, followed by some reading and discussion. Participants are welcome to ask questions, clarify their difficulties, or share their experiences.

**Time:** 5:30 PM to 6:30 PM

**Day:** Thursday

**Place:** Reitz Union- August 26 Room **357**

September 02 Room **283**

September 09 Room **287**

September 16 Room ***Diamond Village Commons Room***

September 23 Room **287**

September 30 Room **283**

*(future schedule will be announced later)*

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*People of all nationalities, religions and faiths are invited to these sessions. We welcome beginners as well as experienced meditators. Those who are new to meditation and wish to learn specific types of meditation will be given individual instruction before the class from 5:15 to 5:30 PM upon appointment.*