

## **Presence and connection: an exploration of the 4 elements and the 4 immeasurable qualities of the heart**

online course 3/10/17 September

6pm – 8.30pm UK time

with martine batchelor & bhikkhuni dhammadinna

These three evenings will be dedicated to exploring and cultivating presence and mindfulness of the four elements in combination with the qualities of friendliness, compassion, joy and equanimity. The purpose is to experience and recognise the experience of the four elements within ourselves and how they connect us deeply to other beings, animate or inanimate. On the first evening we will practice establishing presence through the four elements: earth, fire, water and wind. The second evening will focus on the four immeasurable qualities and how they are an innate potential of the heart; the practice consists in allowing them to blossom and become the basis of the way we relate to the world. On the third evening, we will explore the relevance of these explorations and practices in our daily lives. The main takeaway is a bottom-up experiential appreciation of our shared embodiment by way of the four elements and the emergence of the four immeasurable qualities from within the establishment of presence itself.

### ***program***

6pm: talk

6.30pm: guided meditation

7.00pm: discussion

7.20pm: break

7.30pm: talk

7.50pm: guided meditation

8.10pm: discussion

8.30pm: end