

Fall 2023

4 Monday Evening Sessions

# Meditation Workshop

## Discovering Peace & True Self

Introduction to the Universal Practices of Meditation  
Beginners and Advanced Practitioners Welcome

Facilitated by Tom Zelle

Monday, October 23 + 30 and November 6 + 13  
7:00 to 9:00 p.m.

Sauganash Community Church  
4541 W Peterson  
Chicago IL 60646

\$ 235 For Individual Registration  
\$ 185 In Pair or Group  
Full Refund if not happy  
All Sessions Attendance Required

For Registration  
Email [tzelle@northpark.edu](mailto:tzelle@northpark.edu)  
Or Call 773 244 5631

Free Parking  
Light Snacks Coffee Tea Water Offered

I do not use internet/social media platforms for promoting this workshop.  
Kindly share with your friends and colleagues personally and directly.

## About Tom

My desire to offer this workshop comes from an inner calling, simply feeling it is time for me to offer this work to help others. I started to learn and engage in meditation practices since my early 20s and have explored many pathways. I was blessed to have met wonderful teachers. The most important teachers I worked with are Ramesh Balsekar, Sergiu Celibidache, Rupert Spira, Francis Lucille, Masaru Kato, and Phyllis Krystal. Over the years and due to a wide variety of personal experiences I eventually found my spiritual “home” in the tradition of Advaita Vedanta, often referred to as Non-Duality. I have been teaching courses in meditation at the academy/university for over 15 years and have worked with a very broad spectrum of different students and clients. As well, I have led many workshops in the US and abroad and have worked in very diverse settings. While I do charge a fee for workshops and individual sessions, I offer something that I refer to as “spiritual dialogue”. Spiritual dialogues are completely free and very intentionally structured by question/answer dialogues.

## EXPECTATIONS

### What should I expect?

This workshop is intended to be a fundamental introduction to non-dual and healing meditation that will serve as a life-long compass. In my work, one focus is to establish very basic core concepts we use with complete clarity as to eliminate any confusion or misunderstandings. This is so very important because today many narratives and approaches are available, and often these may appear to be contradicting or confusing. Many are often superficial in that they only seem to focus on the body. It is invaluablely helpful if the basic concepts, intentions, and choices in spiritual work and in meditation are clear. In this way, one can embark into this inner work with confidence and free curiosity. The foundation offered in this workshop is a perspective sufficient for lifelong practice.

Personally, I do not give any “promises” to participants and/or clients since meditation needs to be an open and free process of self-discovery in the present moment. However, I can say that all my clients and students have reported tremendous shifts and transformations for the better. There are no formulas or predictable mechanisms. The willingness to take a risk together with an intuitive attitude of trust is a great starting point. The meditation modalities we will practice are so powerful and universal that one can use them forever. I have been using the meditation modalities of this workshop for over 25 years myself and the experience these offer to me continue to become deeper and deeper.

Basically, we can use individual meditation as a single person, or we can use group meditation. This workshop will greatly focus on the aspect of group meditation because the shared energy and intention of the group will significantly amplify and intensify each person’s experience. This is not to be underestimated. Personally, I find it problematic that many meditation activities are offered in a purely individual context. Group meditation, when practiced correctly, can become one of the most important tools for atmosphere and community transformation.

The main components of the workshop are - introduction of core concepts, metaphors, stories, Q & A, small group conversations, and video/media examples. Roughly 40 % of our time will consist of the actual meditation experience itself. I am always available between sessions and after the workshop if specific questions arise.

### How should I prepare?

I typically suggest that participants (as they are guided and desire) read or become familiar with *The Power of Now* by Eckhart Tolle, *Cutting the Ties that Bind* by Phyllis Krystal, and *Self Enquiry* by Ramana Maharshi prior to the workshop. The books by Tolle and Maharshi are freely available on the internet in pdf format.

For the Krystal book I highly recommend the latest 2019 edition. Please note that reading these books is **not** a requirement for the workshop. The most important aspect is to come with an open mind, open heart, and to simply enjoy being comfortable with a new experience. Please dress comfortably for the workshop. All meditations will be practiced seated in a chair. The group will sit in a large circle on chairs.

### **When should I arrive?**

The workshop will start promptly at 7:00 PM so please plan to arrive approximately 10 minutes early to find us and get settled in.

## **REGISTRATION**

### **How do I register for the workshop?**

Please respond to my email ([tzelle@northpark.edu](mailto:tzelle@northpark.edu)) and/or phone number (773 244 5631 – leave message) and I will follow up. You can pay in advance via the “Zelle” app/system using my email address (side note: unfortunately, I am not connected to that system although I have the same name... 😊).

### **What if I cannot attend all four sessions?**

If you know in advance that you will not be able to attend all sessions but are still interested in participating, simply let me know in advance. However, each session will build on the previous one, so it is important that participants are present for all four in order to have a meaningful experience.

## **LOCATION**

### **I see this workshop is located at a community church. What is the affiliation?**

There is no religious connotation with the workshop. The essentials of what meditation can offer to us are universal and everyone interested is truly welcome.

### **Is there parking available?**

Yes, there is ample parking available, and it is free.

## **PAYMENT**

### **What is the cost of this workshop?**

\$235 per individual for all four sessions. If you are signing up with someone else or in a group, you will each receive a \$50 discount, reducing the fee to \$185.

### **Is there a possible refund?**

YES! I will refund your payment if you are not happy with the experience and my work. The only condition for me to refund your payment is that you need to have attended all four sessions.

### **How do I submit payment?**

Payment can be sent via zelle/zellepay ([tzelle@northpark.edu](mailto:tzelle@northpark.edu)). Or with check at the beginning of the first session on October 23 @ 7 p.m.

## **OTHER**

### **I'm interested but have further questions. Who can I contact?**

Please don't hesitate to reach out to me via email ([tzelle@northpark.edu](mailto:tzelle@northpark.edu) or phone 773 244 5631).