

Guided Samatha Meditation Audio File:
2006Oct18_Guided_Samatha_Meditation_EdwardCrangle2.mp3

The audio file entitled:

2006Oct18_Guided_Samatha_Meditation_EdwardCrangle2.mp3 is a recording of a meditation workshop conducted at the Department of Studies in Religion at the University of Sydney, AUSTRALIA during October 2006 for students and staff of the University.

Primarily, the material provides the most basic information regarding the foundations of quietude or *samatha* meditation, as employed within Buddhist and other contemplative religious traditions. In this instance, no specific contemplative goal is discussed other than the development of a quiet meditative mind. In itself, this is viewed as the necessary prerequisite for a measure of stress relief and associated healing, at least. While, at most, the basic method serves as a suitable enhancement of other contemplative systems, as well as the basis of a necessary 'gateway' to meditative insight(s) within the Buddhist tradition(s).

Nevertheless, it should be understood that this meditation may be conducted within the context of the meditator's specific religious system, while relating to the meditator's specific religious object of refuge, whatever that may be.

A so-called *Metta* or Loving Kindness mediation is included towards the end of the workshop. While this meditation is derived mainly from Buddhist traditional sources, other religious systems may employ the method usefully and beneficially.

Please note: the creator of the audio file/leader of the meditation workshop, and indeed the University of Sydney, are not responsible for any benefits derived from a listener's decision to evaluate this audio file, or to follow the meditation guidance therein. Similarly, the guide/USYD are not responsible for other results derived from a listener's decision to survey this audio file, or to follow the recorded meditation.

With these caveats, anyone is welcome to download the audio file along with this associated text file for personal use and free distribution only. Indeed, this text file must

always be kept with audio file when distributed in any way or form. No sale of the audio file or related transcript is permitted. Nor is it allowed to include the audio file and/or a related transcript in other publications, electronic or otherwise, without the express permission of the owner Dr Edward F. Crangle.

Please note, anyone with mental disorder or mental illness should seek medical advice before embarking on this contemplative path.

Thank you.

Peace All Ways,

Dr Edward F. Crangle
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