

2019 *Meditation Programs*

Dr. Alan R. Post



All presentations are free to the public

Meditation for Brain Health

Scientists are learning more and more about how meditation benefits brain health and fosters a sense of well-being. Studies show that meditation prevents many illnesses and reduces stress. Psychological advantages include reduced anxiety and irritability, a decrease in depression, and an increase in memory, learning capabilities, and emotional stability. Join Dr. Alan Post, chiropractic physician and long-time meditator, who speaks regularly on this topic. Dr. Post will also share an ancient, simple, and effective meditation technique.

- Wednesday, June 5th @ 6:30 pm Tiverton Essex Library 34 Roosevelt Ave Tiverton
- Wednesday, June 12th, 6:30pm, Lincoln Public Library, 145 Old River Road, Lincoln

Meditation for Health and Wellness

Meditation is being prescribed by many medical practitioners and has been widely recognized as a means to enhance one's health and reduce stress. Throughout the nation, meditation has become a positive force for health and well-being. Join Dr. Alan Post, long-time meditator and contributing author to *Meditation as Medication for the Soul* by Rajinder Singh (published in five languages), for this lively and engaging workshop. There will be a chance to practice this technique.

Wednesday April 10th, 6:30pm, Gloucester Manton Library, 1137 Putnam Pike, Chepachet
Wednesday April 17th @ 6:30pm, Rogers Free Library 525 Hope Street Bristol
Wednesday April 24th, 6:30pm, Jesse Smith Library, 100 Tinkham Lane, Harrisville
Wednesday, May 8th 6:30pm N. Prov. Library 1810 Mineral Springs No. Providence
Sat, September 21st, 1:30pm Island Free Library, New Shoreham, 9 Dodge St., BI
Sat, September 25th, 6:30 pm, Maury Loontjens Library, 35 Kingstown Rd., Narragansett

The Near Death Experience: Where Spirituality and Science Meet

Humans have had near death experiences since time immemorial. With advancements in modern science, NDEs have become more frequent and are now quite well documented. Join Dr. Post, physician, author, and longtime student of NDEs, for a glimpse into the world of those who have experienced one. Learn about their experiences, the transformative effects it had on their lives, and how spirituality and meditation emerge as the universal link.

Saturday June 15th 2:00pm South Kingstown Public Library/Peace Dale 1057 Kingstown Rd 789-1555

Wednesday October 16th at 7pm Coventry Public Library 1672 Flat River Road 822-9104

Meditation: Awakening to the Light Within

The exceptional health benefits of meditation for our body, mind, and spirit have been well documented. Join Dr. Alan Post contributing author to Rajinder Singh's landmark book, *Meditation as Medication for The Soul* (published in five languages), for this experiential class. This is an opportunity to learn an ancient meditation practice that enables one to still the mind and open to the universal source of inner light, healing, and peace hidden deep within. This free class includes instructions, meditation time, and discussion.

Saturdays: April 6th, May 4th, June 1st, July 6th, Aug. 3rd, Sept. 1st, Oct. 5th, Nov. 2nd, Dec. 7th at 12:00 noon, Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence

Total Healing: The Meditation Prescription

Meditation can help with stress, boost immune function and help with emotional and physical ailments. In this presentation Dr. Alan Post, chiropractic physician, long time meditator and contributing author to "Meditation as Medication for the Soul" by Rajinder Singh, will present the research on the medical and scientific benefits related to meditation and the treatment and prevention of many conditions including: high blood pressure, heart disease, cancer, chronic pain and others. He will also discuss how meditation helps us to enhance our own innate healing power.

Wednesday May 22nd 6:30pm Greenville Library 573 Putnam Pike, Greenville, RI

Meditation: A Wonderful Addition to a Healthy Lifestyle

Getting in shape is not just about exercise. Incorporating activities to reduce tension and increase happiness all add to our well-being. Meditation can wash away the day's stress and bring about inner peace. It is easy to learn and can bring about a sense of calm and balance that has positive effects both emotionally and physically. After you meditate, the benefits don't end when your session ends. Join Dr. Alan Post, who has been meditating for over 40 years and is a contributing author to *Meditation as Medication for the Soul* by Rajinder Singh, for this enjoyable workshop.

Wednesday Oct. 2nd, 6:30pm, Louttit Library, 274 Victory Highway, West Greenwich

Wednesday Oct. 30th, 6:30 pm Kingston Free Library 2605 Kingston Road - Kingston

Meditation: The Basics and Beyond

Join Dr. Post for an informative program on meditation. Whether you are just a beginner, are looking to expand your understanding of the incredible benefits of meditation, or are seeking to deepen your own practice, this talk will assist you on your journey. Dr. Post is a contributing author to the landmark book *Meditation as Medication for the Soul* by bestselling author Rajinder Singh. It has now been published in five languages. He will also present a simple meditation technique that the audience will have a chance to try this evening.

- Wed November 13th, 6:30 pm, Cumberland Public Library, 1464 Diamond Hill Road

Maximizing Youthfulness Through Meditation

Scientific research indicates that daily meditation may significantly slow the aging process. Meditation affects the production of three important age-affecting hormones: DHEA, Melatonin, and Cortisol. Cortisol can cause chronic inflammation in the body and produce symptoms that come with advanced age. Meditation is one of the most effective ways to reach a state of consciousness and relaxation that supports healing and tissue repair. Dr. Alan Post is a Chiropractic Physician with a strong interest in meditation and health and is a contributing author to the book *Meditation as Medication for the Soul* by Rajinder Singh (now in five languages).

- Wed September 11th 6:30pm, Smith Memorial Library 100 Tinkham Lane, Harrisville

Meditation as Medication: A Doctor's Perspective

Life in today's world is stressful. People are anxious about their health; physical, mental and emotional. There is also health effects related to our finances, relationships, safety, and work factors. Physicians and health practioners now are promoting the benefits of meditation to reduce stress and anxiety, enhance immune function, and improve sleep and healing. By sitting in meditation, we can calm the body and mind as well as soothe the spirit. Our brain waves slow down allowing deep relaxation. Join Dr. Alan Post to learn how meditation can improve your health and wellbeing.

- Wednesday Oct. 9th @ 6:30pm Rogers Free Library 525 Hope St. Bristol,

Bring Joy to the Holiday Season through Meditation

The scientific community has recently been exploring the use of meditation as a healing modality. Join Dr. Alan Post, a long-time meditator, as he discusses the extraordinary effect of meditation. It can reduce stress-related responses, improve concentration, and enhance clarity of thought and mental equilibrium. He will also present a simple, yet powerful meditation technique that can enrich one's life personally, professionally, spiritually, and help with seasonal stress.

- Wed. November 20th, 6:30pm, Westerly Public Library 44 Broad St., Westerly

*Alan R. Post, D.C., graduated with honors from Logan College of Chiropractic and holds a BS in human biology, a Doctorate in Chiropractic Medicine, and a post-graduate certification in acupuncture. He is a past president of state and regional chiropractic associations. Dr. Post has been meditating since 1976 and is one of 14 contributing authors to the 2012 landmark collaborative book entitled: **Meditation as Medication for the Soul** by best-selling author Rajinder Singh (now published in five languages).*

