



The Janki Foundation Annual Lecture

An event supporting health professionals, caregivers, patients and the public

The Psychology of Meditation: Research and Practice



An evening with
**Professor Michael West
&
Sister Jayanti**



Tuesday 27 September 2016 7.00pm – 8.45pm

Global Co-operation House
65-69 Pound Lane, London NW10 2HH
(Entrance from 67 Pound Lane)

Meditation is both an ancient art and a modern-day skill. It has been practised across time and cultures in human society, but only in the last 60 years has it been focused upon by the relatively modern discipline of psychology. During that time there has also been a huge growth in the number of people practising meditation and mindfulness in both secular and spiritual contexts. Prof Michael West will advance our understanding, based on both research and practical experience of using meditation in therapeutic and institutional contexts, such as schools and the workplace. Meditation can play an important part not only in helping people deal with the challenges of daily living, but also with more intense difficulties such as chronic pain and illness, anxiety and addiction, and the broader existential challenges we all face.

The event will also be webcast at www.brahmakumaris.org/uk/live

*Free
Admission*

www.jankifoundation.org
“Putting heart into healing”

The Psychology of Meditation: Research and Practice

The presentation and conversation during the evening will explore the difference between meditation and mindfulness, what is the current research into these practices, deepen our understanding about the processes from a psychological perspective, the therapeutic benefits of each and the personal and spiritual impact on people’s lives.

Professor Michael West is Senior Fellow at The King’s Fund and Professor of Organisational Psychology at Lancaster University Management School. His doctoral research was on the psychology of meditation. He has authored, edited or co-edited 25 books including “The Psychology of Meditation: Research and Practice” (2016). He has also published over 200 articles. Michael’s areas of research are team and organisational innovation and effectiveness, particularly in relation to compassionate cultures and leadership of health services. He lectures internationally on reflexivity, meditation, mindfulness, and leadership.

Sister Jayanti, European Director of the Brahma Kumaris, a global spiritual organisation that teaches meditation based on Raja Yoga philosophy. A teacher of meditation for over 45 years, Sister Jayanti has a unique ability to impart the deepest spiritual truths with great clarity and compassion. She is a keenly sought after author, speaker and broadcaster with a truly global vision—having travelled in over 90 countries. Sister Jayanti perceives the erosion of spiritual values as being one of the underlying causes of the crises the world is facing.



MC: Dr Sarah Eagger is a consultant psychiatrist in London. Sarah is on the executive committee of the Spirituality Special Interest Group of the Royal College of Psychiatrists. She is also a trustee and past chair of the National Forum for Spirituality and Mental Health. She is vice-chair of the Janki Foundation and coordinating editor of “Values in healthcare”.

The Janki Foundation is a UK charity promoting spirituality in healthcare. The Foundation acknowledges the central role of positive thoughts and feelings, compassion and kindness in maintaining wellbeing and preventing illness.



The Janki Foundation
for Spirituality in Healthcare

For more information contact:
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Registered Charity No. 1063908



How to find
Global Co-operation House:
Tube: Dollis Hill (Jubilee Line) -
Chapter Road Exit
Bus routes 6, 206, 226 to Pound Lane
or 52, 98, 260, 266, 297, 302 460 to
Willesden Bus Garage