



# Buddhist meditation

The short sessions: **Samatha**

[www.morten-ryberg.com](http://www.morten-ryberg.com)

## Morten Ryberg

Buddhist mindfulness and meditation teacher.

Educated from Danish Dharma Center, Danish Center for Mindfulness v. Århus University, Bodhi College i.a.

Specialised in buddhist meditation such as:

- Satipaṭṭhāna (mindfulness), Samatha (concentration), Ānāpānasati (mindfulness), Vipassanā (insight) and Shikan (stopping and seeing)

Professional background within management, sales and marketing (+20 years) in both national and international companies such as Ascom and Jobindex.

Client engagement:

Novo Nordisk, Vestas, Danske Bank, Novozymes, Grundfos, B&O, FLSmidth, Maersk Oil, ISS, TDC...

For more information please visit:

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## 00 The Plunge

Many people seek to shut down their thoughts and feelings for a little while in order to take a break from their hectic and often stressful lives. They want to stop, close their eyes, and recharge before diving back in at full throttle.

Some find this peaceful break in meditation, but the calm dissipates shortly after the meditation is over. It's like trying to soothe restlessness with temporary calmness. When the calm disappears, the restlessness returns.

Buddhist meditation, however, takes a deeper plunge. It allows us to discover and experiment with our ability to regulate our interrupting thoughts, feelings, bodily sensations, and actions. Instead of merely soothing the surface, we work with the root of the issue.

Through training, we sharpen our **attention** and **concentration**, enabling us to step behind our thoughts, feelings, and bodily sensations. This allows for a direct experience of what the mind actually is, its function, and how it influences our perception of ourselves, others, and the world as a whole.

Session 1

**Samatha**

**Tranquility of the mind**



# 01 | Tranquility of the mind

## About the meditation

The purpose of Samatha meditation is to stabilise the mind by cultivating a steady awareness of the object of meditation. The traditional practice of Samatha uses different kinds of supports or anchors for our practice, such as the breath.

Eventually, this leads to practicing without supports, and meditating with a boundless open awareness called Vipassanā (Insight), which is the next step in buddhist meditation.

Samatha meditation allows us to experience our mind as it is. When we practice Samatha, we are able to see that our mind is always full of thoughts, some conducive to our happiness, and others not.

It is not extraordinary that our minds are full of thoughts that constantly generate emotions and bodily sensations, and it is important to understand that it is natural to have so much mental activity. The real magic happens when we slow down and start opening up the fact, that all these thoughts and emotions are something that we have, and not something that we are.

## Benefits

Over time, practicing Samatha meditation calms our thoughts and emotions. We experience tranquility of mind and calmly abide with our thoughts, emotions and bodily sensations as they are, and let go of our attachments to them, opening up to the true nature of the mind and our reality.





# 01 Tranquility of the mind

## The session

Duration: 60 minuttet

Audience: Beginners

Content:

- Introduction to meditation
- Guided meditation
- Q & A

### Price:

< 12 people: dkr. 6.000,-

> 12 people: dkr. 10.500,-

> 25 people: contact for offer

All prices exclude VAT.

- Meditation cushions, mattresses and malas for <25 people are provided for the session.
- As an add on, participants can purchase malas, cushions and mattresses to bring home.

"Meditation at work could sound like luxury but it is actually a fantastic way to get grounded and focused.

Afterwards, you are basically a better version of yourself.

With Morten as your teacher, it is a wonderful experience."

- **Lene Hylling Axelsson**  
Senior Vice President  
Novo Nordisk A/S





## 02 Add ons

### Bring it home

Give the participants the ultimate gift for further exploration of the many benefits of meditation. All prices exclude VAT.



**The Mala**

**dkr. 200,-**



**The Pillow**

**dkr. 240,-**



**The Mattress & Pillow**

**dkr. 640,-**