

# Secret of the Golden Flower Meditation Programme

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The next meditation programme of the Secret of the Golden Flower (SGF) starts shortly. It will be accompanied by a study of the Taoist text *The Secret of the Golden Flower*.

It will begin on Jan 3rd 2023 near the time of rising with a 30 minute meditation in our own homes. It will finish 100 days later on Thursday before Easter, 6th April 2023.

For those who are fresh to meditation or need some encouragement there will be a Zoom meeting on January 2nd in which the basic principles will be explained. Half way through the programme there will be another Zoom meeting. There will also be one at the end.

If you wish to join you may contact me via the email below. This has arisen out of the Quest lecture series - see [www.alanmulhern.com](http://www.alanmulhern.com) - and the desire to accompany its intellectual demands with a spiritual practice. It has been running annually for 6 years. It is also one compatible with Jungian psychotherapy since Jung himself was very influenced by the text of the SGF. While he had reservations about Buddhism and its negation of the self he was very interested in Taoism. The theme of the compatibility of Jungian psychology with Taoism will be part of our study. For those particularly interested in this subject you may listen to the following podcast episode: <https://alanmulhern.podbean.com/e/the-secret-of-the-golden-flower-2/>

The giving up of an addiction for 100 days is encouraged as a way of clearing the mind and spirit. Addictions can be of tobacco, alcohol, drugs, sexuality, food, or simply repetitive habits of mind. The first week will focus on breathing and the start of a slow reading of the SGF. Throughout the programme I send each week a summary of part of the text of the SGF plus a nature illustration in the Taoist style as well as indications of the pages of the text to read in the original.

There is no charge for this programme. Nevertheless, out of respect for its spirit, please do not join lightly. It is serious commitment and requires dedication.

Please read the FAQs document for more information.

If you wish to join you may contact me at: [thepilgrimquest@gmail.com](mailto:thepilgrimquest@gmail.com)

Alan Mulhern

