



# **TOWARD STILLNESS MEDITATIONS**

**OFFERS**

## **THE SPIRITUAL LIFESTYLE AND MEDITATION FACILITATOR TRAINING PROGRAM (SLMF)**

**With Tony Murdock, MA**

This is a unique 10 month 200 hour in-depth and comprehensive training program, being offered during the fall of 2009 and the winter and spring of 2010. The core 180 contact hours provide an experiential exploration of meditation, mysticism, philosophy and spiritual lifestyle training. The additional 20 non-contact hours provide an opportunity to experience compassionate service.

Meditation is the art of stilling the restless mind and keeping a steady focus on an object. In its simplest application it can be used for relaxation and stress reduction, and bring us to an awareness of the important interconnection between our minds and bodies. Meditation can help us manage our physical and emotional pain and give us a tool to use to cope with the apparent disharmony in our lives.

At a deeper level, meditation can help us to release our emotional blockages. It can help us to face and work through our pain, and bring healing to the heart and body. This healing allows us to open the heart and integrate our spiritual nature with our mind, our emotions and our body.

When our mind and emotions are balanced and harmonized, then we have access to our true inner spiritual nature. We begin to have a healthy appreciation for our life and the lives of others. Our world is seen through new eyes, and we can start to perceive the interconnection and interdependence of all creation.

### **MEDITATION CALMS THE MIND AND EXPANDS THE HEART**

### **IT OPENS THE DOOR TO HIGHER CONSCIOUSNESS**

This is a program that will bring about transformation and change in your life. You will learn to transform old habits and develop new patterns of behaviour. You will learn to move forward in your life, to trust in the Universal Divine Principle, and learn to be open to "What is next." You will acquire the skills to be a Spiritual Leader, and learn how to be an instrument of the Divine. We will learn how to assist others to grow and develop on their own personal spiritual journey.



In this program we will:

- Study world mysticism and meditation practices that are derived from a wide variety of spiritual traditions, including Hinduism, the main yogas, Buddhism, Christian mysticism, Sufi mysticism and Jewish Kabbala.
- Study the teachings of Sri Ramakrishna, who taught us that there are as many paths to the Divine as there are faiths.
- Study the principles of spiritual leadership and the fundamental aspects of living a spiritual lifestyle...essential to help support your meditation facilitation
- Utilize practicum sessions that will help gain experience facilitating others with meditation
- Explore ritual and ceremony as means to strengthen our ability to assist others with meditation
- Learn how to deepen our own meditations
- Learn how to assist others find the meditation practice that is right for them
- Gain experience in a wide variety of meditation techniques, relaxation practices and stress reduction skills. We will also learn energization and re-vitalization practices.
- Learn meditations for healing
- Gain some experience in community service (Karma Yoga)

**"As Many Faiths, So Many Paths."  
Sri Ramakrishna**



## **A SHORT BIOGRAPHY OF TONY MURDOCK (VISHNU DAS)**

Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972. In 1973 he received from his meditation teacher Ramakrishna Ananda ([www.themystic.org](http://www.themystic.org)), his spiritual name 'Vishnu Das', which means "devotee of the preserving or sustaining aspect of the Divine. Later, he received his Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies. At the direction of his teacher Ramakrishna Ananda, Tony has been sharing meditation with others since 1998.

For the past ten years Tony has been facilitating meditation classes and workshops in various parts of Ontario and in Vancouver, BC. His personal practice and coursework incorporate a blend of meditations drawn from a variety of religious and spiritual traditions, including Hinduism, Buddhism and Christianity. He has a unique ability to assist individuals to discover the type of meditation that is best suited to their nature.

His meditation experience has given him the tools to work successfully for 12 years in corporate middle management. It also taught him to balance his life as a meditator with both his work and personal life.

Tony has been on staff at The Yoga Centre of Burlington for the past 9 years, and has been with Maureen Rae's Yoga Studio for the past 6 years. As one of the instructors in the **Yoga Teacher Training Programs** at each of these studios, he provides an in-depth and comprehensive exploration of various aspects of yoga philosophy. He also teaches the basics of mediation to the students in the program.

In addition to being a part of these Yoga Teacher Training Programs, Tony offers **The Spiritual Lifestyle and Meditation Facilitator Training Program**. This program is a comprehensive 200 hour program that teaches the essential elements of meditation, yoga philosophy, world mysticism, spiritual leadership and compassionate living.

Tony has also released 3 meditation CD's to assist beginners with their practice.

[Toward Stillness: Guided Meditations for the Beginner](#)

[Kali Lila / The Playful Dance of the Divine Mother: Guided Meditations for Inner Transformation](#)

[Toward Health and Wellness: Healing Meditations Developed From the Yoga Tradition](#)



## HOW TO REGISTER

Please submit a letter to one of the addresses below:

Attn: Tony Murdock

**Toward Stillness Meditations**  
28-3360 Council Ring Road  
Mississauga ON L5L 2E4

**The Yoga Centre of Burlington**  
541 Brant St, Studio 1  
Burlington ON L7R 2G6

In your letter (3-5 pages) outline your reasons for wanting to take

**THE SPIRITUAL LIFESTYLE AND MEDITATION FACILITATOR  
TRAINING PROGRAM**

Also include:

1. A brief spiritual autobiography, outlining your spiritual roots, your current spiritual views, and your spiritual goals and ideals;
2. Types of meditation practices you have experience with;
3. Complementary courses and programs you have taken.
  - After your letter has been reviewed, an orientation interview will be arranged.
  - A non-refundable registration fee of \$150 + gst is required to enter the Program.
  - This program is designed to be completed in one year. There is also a two-year format. New registrants can enter at any time, and continue into the following session to complete the program. Go to [www.towardstillness.com](http://www.towardstillness.com) for current course offerings.

For more details: (905) 820-4706 or [towardstillness@rogers.com](mailto:towardstillness@rogers.com)



THE SPIRITUAL LEADERSHIP AND MEDITATION FACILITATOR TRAINING PROGRAM

**MEDITATION FACILITATOR TRAINING PROGRAM  
2009 2010 SCHEDULE**

**2009 FALL SESSIONS SPIRITUAL UNFOLDMENT INTENSIVE**

DATE	TIME	PROGRAM	CLASS
Sept 9	7:30 – 9:00	SUI & MFTP	Wednesday Eve Classes Begin
Sept 27	9:00 – 5:00	SUI & MFTP	Full Day Retreat
Oct 25	9:00 – 6:00	SUI & MFTP	Silent Day Retreat
Nov 8	9:00 – 5:00	SUI & MFTP	Full Day Retreat
Dec 6	9:00 – 5:00	SUI & MFTP	Full Day Retreat
Dec 9	7:30 – 9:00	SUI & MFTP	Wednesday Eve Classes End (14 Weeks)

**50 Hours SUI & MFTP**  
**+ 13.5 Hours Hatha Yoga Classes (TBA)**

**2010 WINTER AND SPRING SESSIONS YTT AND MFTP**

DATE	TIME	PROGRAM	CLASS
Jan 6	7:30 – 9:00	MFTP	Wednesday Eve Classes Begin
Jan 10	12:00 – 4:00	YTT & MFTP	History of Yoga / Hindu Mythology
Jan 24	12:00 – 4:00	YTT & MFTP	Sanskrit Language and Mantras
Feb 7	12:00 – 4:00	YTT & MFTP	The Yoga Sutras of Patanjali and Meditation I
Feb 21	9:00 – 5:00	MFTP	Full Day Retreat
Feb 28	12:00 – 4:00	YTT & MFTP	The Yoga Sutras of Patanjali and Meditation II
Mar 7	9:00 – 6:00	MFTP	Silent Day Retreat
Mar 14	12:00 – 4:00	YTT & MFTP	The Bhagavad Gita and Meditation I
Mar 21	9:00 – 5:00	MFTP	Full Day Retreat
Mar 28	12:00 – 4:00	YTT & MFTP	The Bhagavad Gita and Meditation II
Apr 11	12:00 – 4:00	YTT & MFTP	Chakra Study, Symbolism and Meditation I
Apr 18	9:00 – 5:00	MFTP	Full Day Retreat
Apr 25	12:00 – 4:00	YTT & MFTP	Chakra Study, Symbolism and Meditation II
Apr 28	7:30 – 9:00	MFTP	Wednesday Eve Classes End (16 Weeks)
May 2	9:00 – 6:00	MFTP	Silent Day Retreat
May 9	12:00 – 4:00	YTT & MFTP	Spiritual Leadership I
May 30	12:00 – 4:00	YTT & MFTP	Spiritual Leadership II
Jun 13	12:00 – 4:00	YTT Only	Spiritual Leadership III

**63 Hours MFTP**  
**40 Hours YTT & MFTP**  
**+ 13.5 Hours Hatha Yoga Classes (TBA)**  
**180 Hours Total**



**SLMF - Full Program  
REQUIRED BOOKS**

Coming Home  
How to Know God  
Keys to Higher Consciousness  
Meditation and Its Practices  
The Bhagavad Gita  
The Deeper Dimension of Yoga

Les Hixon  
Swami Prabhavananda and Christopher Isherwood  
Graham Ledgerwood Available at [www.mysteries.net](http://www.mysteries.net)  
Swami Adiswarananda (each student to order their own)  
Any translation  
Georg Feuerstein

**RECOMMENDED BOOKS**

A Monk in the World  
Autobiography of a Yoga  
Kundalini Yoga for the West  
Leadership 101  
Light on the Yoga Sutras of Patanjali  
Moving Inward  
Non-Violent Communication  
The Four Yogas  
The Gospel of Sri Ramakrishna  
The Mystic Heart  
The Yoga Tradition  
The Yoga-Sutra of Patanjali  
Windows Into The Infinite

Wayne Teasdale  
Paramahansa Yogananda  
Swami Radha  
John Maxwell  
B.K.S. Iyengar  
Rolf Sovik  
Marshall Rosenberg  
Swami Adiswarananda  
M  
Wayne Teasdale  
Georg Feuerstein  
Georg Feuerstein  
Barbara Powell

**PROGRAM REQUIREMENTS**

- Homework assignments for some of the courses
- Class Presentations (teaching experience)
- Leading meditation sessions
- A journal of your meditation journey
- Between 20-30 hours of community service (TBA)
- A final paper on your service experience, or an interview with transcript of an individual living a mystic or meditative lifestyle.



# TESTIMONIALS

FOR

## THE SPIRITUAL LIFESTYLE AND MEDITATION FACILITATOR TRAINING PROGRAM (SLMF)

With Tony Murdock, MA

For Personal Interest and Spiritual Growth

The most important thing I can say about The Spiritual Lifestyle and Meditation Facilitator Training Program is that you do not have to set out with the intention to actually "teach." While taking the program I was asked several times what my "intention" was. Did I want to become a meditation facilitator? My answer was always the same. "I don't know". I took the program because the subject had always fascinated me and I was at a place in my life when I was ready to grow spiritually. My work with Tony has placed me on a new path. Instead of being one who sits on the park bench looking at the path, wondering where it leads, I am actually walking on the path, every day, one step at a time, awakening to the wonders of life, my connection to all life and most importantly, answering the age old question: Who am I? I'd urge everyone to get off the bench, take the first step in finding out who you are and how you are connected to life. I guarantee you won't be disappointed. Remember....you don't need a "reason" to take the course, just a desire to grow.

Bonita Amorim, Mississauga

"The Meditation Facilitator Training Program offered me the opportunity to explore the world of mysticism in an intelligent, gentle and compassionate manner. Tony's extensive knowledge and experience along with his wisdom and compassion are a few of the reasons why he remains one of the most influential teachers that I have had the pleasure to meet. I feel more knowledgeable, humble and compassionate as a result of the transformation that this program allowed me to experience. I am and continue to be very grateful for this learning and self growth opportunity."

Erika Caspersen, St. Catharines

I initially became interested in this program in order to deepen my yoga practice and enhance my teaching skills. Ironically though, the program presented itself



during a life crisis when I was filled with pain and sorrow. Over the course of 2 years, showing up for classes, having trust in the program and being persistent in practicing the meditation techniques, I began to gently unfold from the tightness of my suffering. Physically, I softened and became more spacious. Emotionally and mentally I grew to understand and appreciate who I am as a unique person, and spiritually I found the window that allows me to reach out and touch my Soul. Today I am a better teacher and I am a more complete person. I am healed...and I am grateful. With much gratitude...

Melanie Herman, Burlington

Tony's SLMF Training Program is not your typical meditation course. It is thorough. It includes the many aspects of meditation and its origins that are often missed. His teaching is unique. His 'non-fluffy' approach to meditation makes it a course you can easily apply to many lifestyles and appeals to many different situations. I personally cannot tell you how much his course helped me grow both personally and professionally. You will have to try it out for yourself!

Shannon Holmes, Mississauga

I found the training to be challenging and soul enriching. I feel I gained the resources necessary to strengthen my own meditation practice, and to give guidance to others. Many thanks to my teacher, Tony Murdock, for a rich and rewarding journey on the spiritual path.

Sue McClelland, Burlington

Tony helped me develop more spiritually. Not only did he instruct us in many different ways to meditate, he showed us how to develop the practice that was right for us. He also showed me the value of demonstrating gratitude and appreciation and how that alone can help me. I have found the work I have done with Tony has helped the quality of my life and those around me. Tony is generous and kind. The more I get to know him the more I learn about his qualities.

Marie Gaspari, Mississauga

"Tony Murdock brings tremendous experience and knowledge to the subject of the yoga and meditation. His kind and loving spirit provides students with the perfect environment to safely explore their own heart. I highly recommend this program for any seeker. It is an experience which will surely guide you further along your own spiritual path."

Melinda Clarke, Oakville