

**May 16, 2015 – Presentation by Dr. Andrew Litchy**

**Samatha-Vipassana Loving-Kindness Meditation**

We will be discussing the intersection of clinical practice and traditional meditation training. During this discussion, we will go over some of the issues that arise when sharing a full meditation lineage in a clinical setting. We will examine how the concepts of the healing power of nature – vis medicatrix naturae and Dependent Origination are intertwined, and how they can be applied directly in healing and intuitive practices. We will also discuss the practice of Loving Kindness, and how this healing energy can be used as a primary meditation object.

Dr. Andrew Litchy is a licensed naturopathic physician in private practice, and faculty at the University of Minnesota and the National College of Natural Medicine. He is a published author, and has designed and conducted several studies investigating the effects of meditation training in novices. Andrew practices and teaches Samatha-Vipassana meditation, and has been an endorsed teacher in his lineage for 7 years. Andrew has trained intensively with several bodywork techniques including shiatsu, Orthobionomy, and Body-Mind Centering. He leads several meditation groups in the Twin Cities and has students across the county.

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