

Arian Young – Redefining Meditation for the 21st Century

Our presenter for the evening has an amazing history and astounding knowledge of mediation. Here is a brief summary of Arians experience. Be sure to visit Arians website (<http://www.arianyoung.com.au>) to find out more about this phenomenal person.

The Early Days

At 18, I discovered meditation using a sequence of mind stilling techniques from a friend who was a psychiatric nurse and discovered how meditation helped enormously with anxiety and uncertainty.

Buddhist Nun

My numerous Buddhist teachers expanded further on my meditative experiences as I travelled the world. Eventually leading to my ordination in the late 1980s, at the Triple Platform Ordination for Novice Nuns which included also, Nuns seeking higher ordination at the Hsi Lai Temple Monastery, Los Angeles. Arian was fortunate enough to receive teachings from H.H. The Dalai Lama in India and the USA.

East Meets West

Living in a forest monastery in Taiwan and visiting the Traditional Chinese Medicine clinic regularly, inspired the desire to learn Chinese Medicine. My journey in Oriental Healing and the Intuitive Arts was born. Complementing training and my love for Body Work, Soul Centred Psychotherapy and training in Thought Field Therapy and Ecstatic Trance Dance fostered further integration in my belief that, intrinsic wellness must include the embodied, soulful, spiritual and psychological inclusion for each person's individuation.

Several years of part time actor training at the VCA and a passion for script writing studied at RMIT University, prepared me for future roles as an engaging speaker, facilitator and trainer. These diverse experiences have helped to infuse my approach for living and teaching, embodied wellness and meditation in the 21st century.

Taking Meditation to the Masses

In 2009 I was selected as one of a panel of eight national experts in the field of wellness to help launch the nation's first comprehensive Health and Happiness test of all Australians. I continue to be actively engaged in my own education and self-development to help promote to all Australians, the benefits of meditation as part of a holistic approach to health and its inextricable link to happiness.

Arian Young draws on her diverse, secular approach and rich background of 30-plus years in Ancient Wisdom, Psychological Principles and Western and Eastern Cross-Cultural Perspectives in Meditation Awareness, Wellness Coaching, Spiritual Counselling and Creative Psychotherapy. Hers is an intelligent and contemporary approach orientated at facilitating direct, meaningful and supportive change towards skilled resilience, conscious balance and mindful-creative-integration in the world.