



# *Introduction to Mindfulness Meditation Course*

## *4-Week Course Offered Free-of-Charge for Service Members and Veterans*

This course is based on the conviction that it is not necessary to live at the mercy of an untamed mind. By coming to understand the way our minds work, we can learn to shape our mental functions in ways that remove the angry, distracted, impatient, frustrated, and semiconscious qualities from our lives. We'll also learn to use Mindfulness practices to face the challenging aspects of post-military life—such as dealing with difficult thoughts, memories, emotions, and images—and to learn and develop the skill of lasting happiness and inner-freedom. This 4-week introductory course is sponsored by the San Luis Obispo County Veteran Services and the San Luis Obispo Veterans Administration and is offered free-of-charge to all service members and veterans.

**Dates:** Monday, January 10: Mindfulness of The Body and Breath  
Monday, January 17: Mindfulness of Emotions  
Monday, January 24: Mindfulness of Mind  
Monday, January 31: Mindfulness of Mind-states and Thought Patterns

**Time:** 7:00 – 8:30 P.M.

**Location:** S.L.O. County Veterans Hall

**Instructor:** LTC (ret) Bill Edmonds

You must preregister for this course, and we ask that you commit to attending all four classes. To register, please send an email request to [edmondsw@gmail.com](mailto:edmondsw@gmail.com).



**About the Instructor:** LTC (ret) Bill Edmonds retired from the Army Special Forces after 33 years of both enlisted and commissioned service. He writes and speaks on the psychological, spiritual, and social impacts of military service; how overwhelming experiences change the body, which includes the brain, impairing our innate capacity for enjoyment, engagement, self-regulation, and trust. His published books and essays, and interviews, include: [God Is Not Here: Torture, Trauma, and the Moral Injuries of War](#); [“God Is Not Here” in War and Moral Injury: A Reader](#); [After Moral Injury: Backing Through a Side Door Into Consciousness](#); [The Ugly American in Iraq](#); [A Conversation](#); [Coming Home: Dialogues on the Moral, Psychological, and Spiritual Impacts of War](#), [A Compassionate Nudge](#); and [The Line. Apple TV+/JIGSAW Productions](#). Bill is currently pursuing a doctorate in East-West Psychology from the California Institute of Integral Studies. This 4-Week Introduction to Mindfulness Course is part of his U.C. Berkeley Greater Good Science Center/Awareness Training Institute program to become a licensed Mindfulness Meditation Teacher. He currently lives in Cambria with his wife, Cheryl, and his two daughters, Natalie and Ava. If you wish to know more, here is a link to his [CV](#).