### Program Guide



- The 'common sense' guide to meditation
- Why do bad things happen to good people?
- If more to life than meets the eye, what earthly use am I?
- The hidden blessings of depression
- Who can you trust?
- The challenge of climate change
- When all else fails the choice of suicide?
- Mr Nothing
- Who's afraid of Coronavirus?
- Discovering Stillness the ConsciousTV Interview



# Guide to meditation

- The 'common sense' guide to meditation 1
- The 'common sense' guide to meditation 2
- The 'common sense' guide to meditation 3 (the use of a mantra) ★





# Silent meditations

- On the river bank \*
- On the boardwalk \*
- 20 minutes of silence by the river ★
- Overlooking Calton Pastures \*
- By the packhorse bridge ★
- 50 minutes of silence (in Bakewell)
- One hour of Love unspoken (in Portugal)



### The outer turn being attentive

- John signs his books \*
- John washes his hands ★
- John makes a cheese and tomato sandwich ★
- John makes a cup of tea ★



#### Reassuring words

- The answer to every question
- Without fear
- Staying safe
- Eye of the beholder
- Deserving peace



### Retreat breakfast chats

- · If you've nothing to say ... ★
- Stillness brings peace ★
- Coming to rest ★
- Guest questions ★



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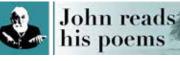


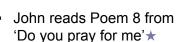
Lanzarote Tapes - One without a second ★





- BBC film: Three Acres at Bicker Fen (1975)★
- Taught by Farming
- In the toolshed with John Butler \*
- Return to Bicker John Butler on the Cycle of Life





- John reads Poem 17 from 'Destined to Joy' ★
- John reads Poem 41 from 'Destined to Joy' ★
- John reads Poem 53 from 'Destined to Joy' ★
- John reads Poem 67 from 'Destined to Joy' ★





- In love with Love ★
- Comforts on the way ★
- Abundantly provided



- ASMR chat with John Butler and friends \*
- ASMR friendly John's invitation to ASMR listeners ★
- Where is heaven?
  (ASMR friendly edit) ★
- The truth of who you are (ASMR friendly edit) ★
- The Work of Enlightenment (ASMR friendly edit)★
- Follow your heart (ASMR friendly edit)★



★ New releases