

Five class series
Cultivating Presence: Calm, Kind, Clear, Wise
Key Skills for Listening and Meditation

Five Wednesdays, September 26 - October 24, 2018

7:00 to 8:30 PM

Providence/E. Providence Location

Each experiential class includes instruction, practice, dyads, and Q&A in

- ✓ **Caring presence while listening and in relationships**
- ✓ **Simple meditative techniques for daily life**
- ✓ **Recognizing and counteracting triggers when listening**

We learn and practice these four essential skills:

	<i>For Meditation Practice</i>	<i>For Listening and Relationships</i>
Calm: Grounding in the present moment	Joining the body and mind in the present moment is an essential practice for training the heart-mind to decrease distraction/distress and increase single-pointed focus and concentration.	Listening well and being fully present in relationship requires showing up physically with our bodies and minds, staying connected to the present moment, and pausing our habitual mindset.
Kind: Cultivating, warming, and expanding the good heart	Placing attention and intention on the innate capacity for kindness and a good heart are essential practices to deepen loving kindness, impartial well-wishing, and compassion for others and ourselves.	Connecting with a simple aspiration for warmth and goodness when we interact with others, we can change the default frame of our relationships to non-harming and well-wishing for self and others; we recognize our common humanity with others.
Clear: Being aware of experience exactly as it is	Becoming aware of our experience, just as it is, without identifying with what appears or with our judgements - remaining curious and open - this mindfulness is the foundation for deeper clarity and insight.	Knowing clearly what is happening in our minds and hearts gives us the capacity to respond to others, rather than react. Knowing if we are emotionally triggered, we can choose when to express reactions and perceptions, and when to listen more deeply to understand.
Wise: Living from one's personal understanding of what is beneficial	Choosing to live in alignment with beneficial motivations and values is the foundation for wise and ethical action. This requires identifying and choosing our intentions, and learning from the effects of our actions of body, speech and mind.	Staying aligned with our deepest purpose when listening gives us guidance and inspiration during the unfolding of the conversation or relationship. This includes choosing how to respond if there are misunderstandings or if harm is done.

Material exchange: \$12 to \$25 per class or what you can afford
For registration or further info contact Shana.L.Klinger@gmail.com

No previous experience required - Space is limited

Instructor: Shana Lieberman Klinger, M.A. Psychology, brings more than 40 years of experience in meditative techniques and humanistic psychology to her classes, workshops, and one-to-one consultation. She is authorized by Dza Kilung Rinpoche to give instruction in the seven meditations from the meditation manual, *The Relaxed Mind*. To learn more about Shana visit heartmindspace.com Email: Shana.L.Klinger@gmail.com