



Keeping a Bright Heart in Dark Times

**Buddhist techniques and insights
to transform ourselves and our world**

Saturday, October 26, 12:30 to 3:30 PM

Motion Center Yoga, 84 Fountain Street, Pawtucket, RI

This workshop introduces four “protections” based on Buddhist insights, meditations and practices to help calm and brighten our hearts, and to connect with our innate inner resources during troubled times.

- **Setting and keeping inspired motivation and purpose**
- **Meditation for calming the mind and choosing where to place one’s attention**
- **Meditation for connecting with compassion for self and others**
- **Recognizing identification with thoughts, emotions and sensations**

We all have innate waking awareness and good heart.

Yet this natural inner stability and brightness is often obscured by habits of attachment, aversion, and misperception, especially when we feel threatened, angry or confused.

**Space is limited – to assure attendance register @ shana.l.klinger@gmail.com
\$40 to \$60 sliding scale or whatever you can afford**

Workshop leader: Shana Lieberman Klinger, M.A. Psychology, has been practicing Buddhist meditation since 1974. She integrates Buddhist insights, humanistic psychology, and practical life experience into classes, workshops, and one-to-one coaching.

To learn more visit heartmindspace.com