

Cultivating the Noble Heart in 2020

Buddhist Meditation Techniques & Insights for

Compassion - Kindness - Positive Aspiration

Appropriate for all levels of experience

Saturday, January 11, 2020

1:00 to 3:00 PM

\$20 to \$40 - or whatever you wish to donate

Motion Center Yoga, 84 Fountain Street, Pawtucket, RI

Pre-registration appreciated – Drop-in ok

To register contact shana.l.klinger@gmail.com or call 401-258-3056

This two hour class offers instruction and guided practice in Buddhist meditation techniques and insights to strengthen compassion, kindness, and to motivate our lives from the deepest levels positive intention.

It emphasizes how this Buddhist wisdom applies to daily life right now.

A handout will be provided with notes and resources.

Practices will include:

- Finding our Most Positive Inner Aspiration: The Bodhisattva Path
 - Self-compassion meditation
 - Meditations to cultivate compassion for others
- Expanding the capacity to be with suffering in ourselves and others

The noble heart – the intention for ourselves and all beings to be happy and free from suffering - is regarded in Buddhism as the pinnacle of true love. Sometimes called Bodhicitta or the Bodhisattva Path, this aspect of Buddhist practice harnesses the power of altruistic motivation combined with deep understanding about the sources of suffering and the nature of our minds, so as to beneficially respond to and transform ourselves and the world.

This is part of a series of classes/workshops:

Cultivating the heart-mind in 2020

To learn more visit heartmindspace.com

Instructor: Shana Lieberman Klinger, M.A. Psychology, brings more than 40 years of experience in Buddhist meditative techniques and humanistic psychology to her classes, workshops, and one-to-one consultation. She loves practicing and sharing the Dharma. She began Vipassana meditation in 1974 and has practiced since then in the Zen and Vajrayana traditions. Bio at <http://www.heartmindspace.com/about/about-shana/>