

# *Freedom through Seeing the Selfless Nature of Experience*

*"...any form whatsoever that is past, future, or present; internal or external; blatant or subtle; common or sublime; far or near: every form is to be seen as it actually is with right discernment as: 'This is not mine. This is not my self. This is not what I am.'" MN62*



**Online - Monthly on Tuesdays 10:00am – 11:30am (NM time).**

**May 13, June 17, July 15, August 12, & September 16**

The Buddha's teachings on Not-Self (Anatta) are some of the most profound and essential aspects of this path towards our freedom and awakening. This study group is designed to explore the many facets of these teachings through readings, discussion and practice. Please see Requirements to join below.

**TEST DATE: April 22 10:00am – 10:30am See info below**

There is NO FEE for this study group. The teachings of the Buddha have been sustained by the 2,500 year old tradition of Dana, a Pali word meaning "generosity." Retreatants may offer donations to the teacher at the retreat's end.

**Registration is required.** To register make sure you meet the below requirement and contact via e-mail to Mel at: [melmelsch@yahoo.com](mailto:melmelsch@yahoo.com)

**DEADLINE FOR REGISTRATION: APRIL 21ST**



Brian Lesage has practiced Buddhist meditation since 1989 and has taught meditation since 2000. He has studied in the Zen, Theravada and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. His training in Vipassana Meditation includes doing extended meditation retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. Brian also has a private practice in Somatic Experiencing, which is a naturalistic approach to healing trauma.

## REQUIREMENTS:

1. Must have had a regular meditation practice for at least one year consisting of sitting at least three times a week and occasionally reading Dharma books or going to a group to explore the Dharma.
2. This Study Group will take place once a month online in a video conferencing format and you will need a connection that is fast enough to work for the conferencing. There is a possibility to call into our study group via a landline phone also. We will be using [www.anymeeting.com](http://www.anymeeting.com)
  - a. Please use these two websites to test your connection:
  - b. <http://www.speedtest.net/> Make sure it is at least .44Mbps
  - c. <http://www.pingtest.net/> A low grade on this test could be a problem.
  - d. Here are additional requirements for your online connection:
    - A Wired (Not Wireless) Broadband Internet Connection (Access Points, Mobile Air connections not recommended)
    - A PC Computer using Windows or Mac Operating System (Android or iPad Tablets also supported to Attend)
    - The latest version of [Adobe Flash](#) installed.
    - A microphone and speakers or headset with mic for VOIP audio
    - A Landline for Conference Call (Cell phones not recommended)
  - e.
3. **TEST DATE** – Tuesday April 29<sup>th</sup> from 10:00am – 10:45am (NM time) – In this meeting we will try out the online conferencing system to make sure everyone is comfortable with it. We will also take time to figure out monthly in-person support groups that will serve to compliment our online time as well as smaller discussion groups for our online meetings.
4. During our online meetings, we might break out into smaller groups to discuss. Getting together with others in your area to be online would make the smaller group experience more intimate. Please consider coordinating with others in your area.
5. If you have any questions, please e-mail Brian at [brian@liberatingawareness.com](mailto:brian@liberatingawareness.com)