

Reflections on  
Two "Heavenly Messengers"  
*Aging and Illness*

Caring for Ourselves and Others

A Dharma Talk and Half-Day Session with  
Former AVS CDL Leader

**Valerie Roth**



October 13 and October 15, 2016

The Buddha recommended that we reflect frequently on Aging, Illness, and Death. It was told that his awakening occurred when he was exposed to an old person, a person who was ill, a dead body, and a wandering mendicant: termed the "Heavenly Messengers."

Our discussion will be focused on the two closely related Messengers: Aging and Illness. They represent two of the inevitable processes in life. No one is exempt. Our practice brings us to meet directly with this process of our lives and lends the potential to understand the true nature of our experience. Exploration of these inevitable aspects of our human life brings us to a relationship with ourselves and others that is of benefit to all.

Thursday, October 13 - Dharma Talk 6:30 p.m.  
Saturday, October 15 – Retreat 9:00 a.m. – 1:00 p.m.  
followed by lunch provided for all.

Valerie Roth began Buddhist practice 30 years ago in a 1986 graduate program in East/West Psychology. Valerie has continued studies and practice in Hawaii, on the Navajo Reservation, in New York, and New Mexico. Valerie completed the Spirit Rock Community Dharma Leadership Program in 2008 and soon became the Albuquerque Vipassana Sangha Community Dharma Leader. In her AVS service she taught classes for people new to practice, led retreat and residency planning, served on AVS Board, and served other roles. Valerie currently lives in Rodeo, New Mexico.

\*\*\*Chairs and cushions will be available. Bring what else you may want for your best comfort.

Contact: Tiska Blankenship 505-256-3785 or  
[tiska@unm.edu](mailto:tiska@unm.edu)

Events will be held at the Albuquerque  
Vipassana Center  
200 Rosemont Avenue, NE  
ABQ, NM 87110

