

Erin Treat Visits AIMC November 16, 18, and 19, 2017

Thursday, November 16th Dharma Talk, 6:30 pm: "Knowing Suffering, Knowing Freedom"

Saturday, November 18th Daylong Retreat, 10:00 - 4:00: "The Heart of Awareness"*

Saturday Eve, November 18th, 6-8:00 pm: Gratitude dinner for volunteers and monthly donors**

Sunday, November 19th Discussion Group for experienced practitioners: 9:30 - 11:00 a.m.***

According to Buddhist wisdom, the dharma—the natural truth that holds each of our lives—is visible here and now, timeless, and to be realized by the wise. The reality of truth is not something magical or remote. It is accessible through our direct experience, and mindful awareness helps us see what is true in each moment with greater clarity and ease.

During this daylong retreat we will cultivate a wakeful and receptive heart, practicing mindfulness grounded in the heart qualities that attune us to the deeper intelligence of the dharma. In a world of such profound need, when we abide in the present moment with wise attention, we cultivate the refuge we seek as human beings.

In a container of sitting and walking meditation, along with dharma reflections, we will pause to rediscover the natural care, connectedness, and clarity that is expressed when we are not swept away by confusion and distraction.



All events will be held at Albuquerque Insight Meditation Center, 200 Rosemont Ave., NE, 87110.

*All are welcome on Saturday, including those new to meditation, as well as experienced meditators. Please bring a bag lunch and what you may want for your personal comfort. Chair and cushions are available at the Center.

**Contact osaearkin@gmail.com. It isn't too late to become a monthly donor and be invited for this special event. (See "donate" tab on website.)

***9:30-11 am Discussion group for experienced practitioners.

Please sign up at osaearkin@gmail.com so that you can receive the reading ahead for the discussion.