

Sitting with Ease: A Meditation Workshop



with Diana Lightmoon

Saturday, December 3rd, 10 AM-4PM

At Suzanne Sluizer's home

507 Solano Drive SE

Meditation is often taught as a technique that will get you somewhere, usually to an idealized state of being in which everything, including you, will be all right. This can create tension from striving, as well as a sense of failure and self-blame when these perfect states are not achieved or able to be sustained. In this workshop, you will learn a gentle, easy approach to meditation that supports increased awareness and an exploration of your inner world, allowing your unique experience to unfold naturally and not judging anything as unacceptable or mundane.

Through *Anupassana*, or Recollective Awareness, you will have the opportunity to report on your sittings as a way of cultivating greater awareness. You will learn from hearing each other's experiences as well as from gentle inquiry by the teacher. There will be an optional movement and/or walking meditation period, a dharma talk and time for questions and discussion.

The workshop is appropriate for beginners as well as experienced meditators who would like to explore their meditative process and bring more ease and acceptance into their sittings.

For more information or to register, contact Suzanne Sluizer at sluizer@yahoo.com or 262-0720.

Cost: \$10, which goes to the Albuquerque Vipassana Sangha scholarship fund. The teaching is given freely as *dana*, generosity, which you may in turn offer at the end of the workshop. All *dana* goes to the training of teachers in this method. **No one will be turned away for lack of funds.**

Bring: A bag lunch and your sitting cushion. Chairs will be available. Tea will be provided.

Diana Lightmoon is a licensed psychotherapist and massage therapist as well as a Certified Rosen Method Bodywork Practitioner. She has been practicing meditation for 17 years. She is currently in teacher training with Jason Siff of the Skillful Meditation project. She also teaches meditation to men and women incarcerated in New Mexico prisons through Heart Mountain Prison Project.