



A Day for Compassion with Eric Kolvig

**Saturday, July 8, 9am to 5pm
At Wat Buddhasothorn Temple
(145 Madison NE in Nob Hill).**

Teacher:

Eric Kolvig has been teaching Vipassana since 1985. He served as the resident teacher of Vipassana communities in Santa Fe and Albuquerque from 1997 through 1999 and leads meditation retreats around the U.S. Eric studied and practiced for years with prominent teachers at the Insight Meditation Society in Barre, MA, and he has also trained in the Zen tradition. He has edited a number of books in the Theravada Buddhist tradition. Holding an inclusive understanding of liberation, Eric also works for wholesome change in our community through compassionate action. He lives in New Mexico.

About the Day of Practice:

When we feel compassion, the Buddha said, our hearts quiver in response to suffering, and we feel the impulse to relieve suffering. Compassion energizes us. Pity and grief sap our energy away. Would you like to transform your pity and grief into a great power, a bright force, for yourself and for the world? Join us for a day when, we as a community will do this good work together. Open to all.

After the Day of Practice:

The day will be followed by a potluck at Suzanne's house (507 Solano SE, Albuquerque, NM.) at 6:30 pm. Everyone is invited, including those who did not attend the retreat.

Cost: There is a \$10 requested donation for the workshop that will help defray associated costs and allow us to make a contribution to the temple.

Registration and Information: Contact Tim Wadsworth at 232-6702 or timw@unm.edu. Please bring a bag lunch. Chairs will be provided and the floor is carpeted. Both new and experienced practitioners are welcome.

Dana (Generosity): In keeping with the Buddhist tradition, voluntary donations can be made to the teacher to support his ongoing work of serving the Dharma. There will be a basket for such donations put out at the end of the workshop. Your generosity in offering dana will be greatly appreciated.