



The Albuquerque Vipassana Sangha invites you to

SPECIAL GROUP PRACTICE DISCUSSIONS with Gloria TARANIYA

During her residency:

For those*“Relatively New to Practice” Sunday afternoons, September 12 and October 3
from 2:30 – 4:00 pm

For *“Seasoned Meditators” Monday evenings , September 20 and 27
from 7 – 8:30 pm

Practice Discussions are opportunities to explore issues and questions that arise in the course of our meditation. Gloria Taraniya is offering both individual and group discussions during her residency with us.

Here’s what Taraniya says about the practice interview of dhamma discussion: “ The Practice Discussion or Interview provides an opportunity for the meditator to articulate what is going on with them—in practice and in life. The act of reporting in this way is significant in that it helps the meditator to make conscious the realizations that are often lurking just below the level of awareness. I often find that meditators don’t particularly need answers; they just need to bring the issues more fully into awareness. In such instances, there may be little or no need for my input. At other times, however, it is clear that the meditator wants input or that there is some obvious question or confusion that we need to examine. Then I offer instruction on the teachings and the practices.”

This is a wonderful and rare opportunity to speak about your practice and listen to others speak about theirs—and to have the advice of a very experienced teacher.

*Because the issues and questions around practice can be very different for those who are “relatively new” to practice and more “seasoned meditators” who have years of practice and likely have years of intensive practice in retreats, we ask that you self-select the group discussions that best meets your needs.

Note: it is appropriate to offer Dana to the teacher at both individual and group practice discussion interviews.

Contact Valerie Roth 688-9005 or valerie.roth2@gmail.com to reserve your space at one of these sessions, and to obtain directions to the home of the host.

