

Albuquerque Vipassana Sangha presents . . .

**Regularly Scheduled Sittings with Dhamma Talks, Sutta Study,
Half-day Retreat & Practice Interviews
September 6th - 29th, 2012**



with Gloria Taraniya Ambrosia

Regularly Scheduled Sitting with Dhamma Talk:

Dharma Talks

Thursdays September 6, 13, 20, 27 6:30 PM to 8:15 PM The Wat

Topic: Insight into What? – Anicca, Dukkha, Anatta - The Three Characteristics

The Buddhist scriptures explain what are called the three characteristics of all mental and physical conditions—that they are impermanent (*anicca*), subject to suffering or unsatisfactoriness (*dukkha*), and devoid of an abiding self (non-self or *anatta*). The three form the core teachings of Buddhism in all its traditions and constitute the central agenda of insight meditation. In this course, we shall examine the Buddha's early teachings on the subject and consider practical ways that insight into the three characteristics helps us cut through the delusions and difficulties of life.

Sunday Meditation and Dharma Discussions

Sundays, September 9, 16, 23 6:30 PM to 8:00 PM Bhava Yoga Studio
Informal Practice Discussions

Half-day Retreat: Sunday, 9/23/2012 9:00 AM - 12:00 PM The Source

Participants will practice mindfulness techniques while sitting, walking, and moving about throughout the day. Dhamma reflections will focus on fine-tuning the meditation practice. This retreat is suitable for beginners and seasoned meditators alike.

Please Note: We will have a mindful eating practice, so please pack a lunch.

Going Forth Retirement Study Group

Sunday 9/23/2012 1:00 PM – 3:00 PM The Source
Topic: Sickness, Aging and Death

Sutta Study with Practice

Mondays: September 10, 17, 24

7:00 PM to 8:30 PM

Barcelona Suites

Topic: Karma & Intention

La Paz Conference Room

To receive Sutta Readings before the class (will be emailed) & reserve a space, please contact:

debra@serrino.com

AVS Community Potluck

5:30 PM – ?

Serrino's

Saturday September 29

ABOUT THE TEACHER

Gloria Taraniya Ambrosia has been a Dhamma teacher since 1990. She is a student of the western forest sangha, the disciples of Ajahn Sumedho and Ajahn Chah, and is a Lay Buddhist Minister in association with Abhayagiri Buddhist Monastery in California. She served as resident teacher of the Insight Meditation Society in Barre, Massachusetts from 1996 through 1999. Taraniya serves as one of the three Core Faculty at the Barre Center for Buddhist Studies where she does most of her teaching.

PRACTICE DISCUSSIONS (INTERVIEWS)

Location: Barcelona Suites

During her stay, Taraniya will be available for a limited number of individual and group practice discussions/interviews. There is no specific fee for these sessions; they are offered on a *dana* (generosity) basis. There will be a basket available for participants who wish to make an offering to Taraniya.

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."

Practice Discussions Dates:

Contact Fred Herman at fherman894@aol.com or 323-8159

- Saturdays, September 15 and 22
- Tuesdays, September 18 and 25
- Other times may be available upon request.

New Locations for Sangha:

The Wat, Bhava Yoga & The Wat are on Website

Barcelona Suites, Second Floor, La Paz Conference room

900 Louisiana Boulevard Northeast x Lomas, Albuquerque, NM 87110

Parking available underneath the building, entrance on North side of building

Potluck – Serrino's

833 Madison NE x Summer

Albuquerque, NM 87110