

Meditation and Meditation and the Four Divine Abidings the Four Divine Abidings

"My religion is kindness"

Dalai Lama

Learning to treat ourselves with kindness, respect and compassion is a basis for skillful means and wise action in the world.

Through meditation and study we will establish an intimate relationship with loving-kindness, compassion, sympathetic joy and compassion.

Lucinda Green



The Buddha said there are four emotions worth cultivating: compassion, loving kindness, sympathetic joy and equanimity.

Practice meditation with these four.

Deepen your understanding and lived experience of these sublime states of consciousness.

No previous meditation experience necessary.

Tuesdays
September 21 - October 12
6:30 - 8:00 PM

A class offered by *Rocky Mountain Insight* Dharma teacher Dr. Lucinda Green.

Please purchase the text: **LOVING-KINDNESS** by Sharon Salzberg and bring to the first class.

Register by September 15: send fee of \$60 made payable to Lucinda Green with name, address, phone and email to: Lucinda Green, 1301 S. 8th St., Suite #311, Colo. Springs, CO 80904

Location of the Class: 2525 W. Pikes Peak Blvd. Suite A, Colorado Springs, CO 80904

FMI:

www.rockymountaininsight.org

Or (719) 634-0566