

Five Skandhas: Direct Practice to Emptiness.

Thursdays September 16 – October 7, 2010

6:30-8:00 p.m.

taught by Lucinda Green, Ph.D.

Dharma teacher and Founder of Rocky Mt. Insight

www.rockymountaininsight.org

Meditation and contemplation on the five skandhas of form, vedana, perception, mental formations and consciousness lead the practitioner to a direct experience of the true nature of all phenomena, including one's own dear self, as empty.

Deepen your understanding and direct experience of this topic by attending this class.

Working with the five skandhas is a prescription for freedom.

Previous Vipassana instruction and practice required.

Register by September 10. Send fee of \$60 made payable to Lucinda Green, with your name, address, phone and email to Lucinda Green, PO Box 6386 Colorado Springs, CO 80934-6386.