

Four Foundations of Mindfulness

The Heart of Meditation

July 18, 2010

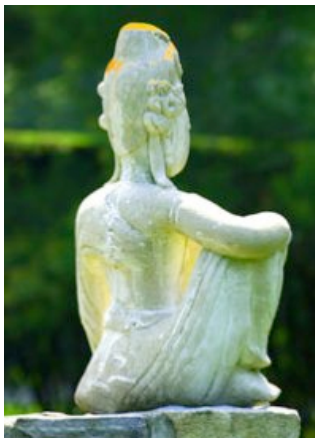
1:00 PM to 4:00 PM

Center for Spiritual Living

3685 Jeannine Drive, Colorado Springs, CO 80917

Presented by Ajahn Thanasanti

About the Workshop



Insight meditation is a simple and direct practice—the moment-to-moment investigation of the mind/body process through calm and focused attention. Suffering ends with clear seeing and letting go. This workshop we will explore the Four Foundations of Mindfulness by bringing attention to the body, feelings, mind/body processes and ways of relating to them. This is a framework to focus attention, awaken the body, heart and mind, cultivate compassion and experience the joy of release.

About Ajahn Thanasanti



Ajahn Thanasanti has meditated for over 30 years and has been a Buddhist nun for almost two decades, teaching intensive retreats internationally since 1996.

She is currently based in Colorado Springs, exploring communities nationally where her vision of monastic evolution in collaboration with lay practitioners may flourish. For more information visit:

www.awakeningtruth.org or call Ann at (719) 575-0152

***Dana** means 'generosity' in Pali and Sanskrit. In Buddhist tradition, the teachings are considered priceless and so every effort is made to see that they are accessible to everyone interested. The highest form of generosity is to take the teachings to heart and put them into practice. It is also true that in order to live, teachers' basic needs must be met. The Theravada tradition supports itself only on the free-will donations of those who offer.*