



Amma Thanasanti

Spiritual Teacher and Mentor

Awakening Truth

September 30, 2017

Sat 9:00am - 4:00pm

6678 Eagle Ridge Road, Penngrove, CA

<http://www.awakeningtruth.org/compassion-emptiness>



Contact Us: info@awakeingtruth.org | www.awakeningtruth.org

Compassion and Emptiness

Compassion and emptiness are complimentary access points to learn to relate in a loving and discerning way to our experience. Compassion is both a tool and perspective for our dis-ease with the realities of our existence. Our fears, distorted perceptions, and suffering all release when we recognize the transcendent wisdom of emptiness. When we let go of a solid self-nature, we let go of boundaries that keep us feeling separate and we stop believing the stories we tell ourselves about who and what we are. In this openness, the hearts natural response is love and compassion.

The Program will consist of guided and silent meditation, awareness of movement, questions, discussion and application in daily life. It is suitable for new and experienced practitioners.

Offerings

The Dharma cannot be sold or have a price put on it. Therefore, in accordance with Buddhist custom there is n “door fee” for these teachings. Rather it is appropriate to make an offering based on what you can manage. No one is turned away for lack of money. Think of it as “sliding scale”. If you are unsure how much is appropriate to offer the teacher, a reasonable rule of thumb is roughly the amount you earn in one hour for each hour of teaching.

Bring lunch for yourself. Kindly come fragrance free out of compassion for those with chemical sensitivities.

About Amma:

Amma Thanasanti is the founder of organizations Awakening Truth and Whole Life Path. She is a California born spiritual teacher dedicated to serving all beings. She has been committed to awakening since she first encountered the Dharma in 1979. As a former Buddhist nun of 26 years, she combines the training of the Ajahn Chah Forest Tradition with a passion for wholeness.

Amma has been teaching intensive meditation retreats worldwide since 1996. She invites an openness to pause and inquire into the truth of the present moment, integrating what is liberating at the core of your human condition with your daily life.

Sponsored by Awakening Truth

Whole Life Path

Morning Meditation

7 AM – 7:25AM PT (10 ET)

Tues: Heart Qualities

Wed & Thur: Concentration-Insight

Fri: Big Mind-Pervasive Awareness

Spiritual Mentoring

One on one guidance with your spiritual and relational practice and customizing your whole life path. Schedule Appointment

Non-Residential Retreats and Webinars

Schedule & Registration

www.wholelifepath.com

Awakening Truth

Peer Lead Meditation Group

Friday | Time: 7:30-8:30 am

Interactive Inquiry Calls

Sunday | Time: 9-10 am PST

Dial-in number: (641) 715-3605

Participant access code: 588931#

Awakening Truth Sunday Talks

Time: 6:30-8:00 pm

Residential, Non Residential Retreats and Webinars

Awakening Truth Talks

Sunday | Time: 6:30-8:00 pm

Detailed Events Calendar

www.awakeningtruth.org

