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 heart’s 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 a “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.

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