

# The Relaxed Mind: 7 Meditations

with Diane Berger

7 Thursdays: June 29 thru August 10

7 pm • East West Bookshop

6407 12th Ave NE, Seattle • (206) 523-3726

Pre-register \$10 per session



Join us for meditation as put forth in *The Relaxed Mind* by Tibetan lama Kilung Rinpoche. Diane will present this progressive series of seven meditations, one each Thursday evening over the summer. The greater part of each session will be devoted to the practice itself. The series is intended for any level of experience. Come for all seven sessions, or drop in anytime.

**June 29: Joining Mind and Body.** As well as introducing the series, we'll focus on experiencing our physical body as the support for meditation, how to gain comfort and ease...with kindness.

**July 6: Calm Abiding, or classic Shamatha Meditation.** Bringing the mind along, we'll turn to gentling the wildness that's inevitably revealed when we go for quiet, and reveal deeper levels of our humanity

**July 13: Going for Clarity.** While going deeper into relaxation, and dropping the practice of an object as focus, we'll introduce mental clarity. This shift provides a segue to next week's Insight meditation.

**July 20: Insight Meditation, or Vipassana.** With this meditation we'll turn on the lights. We'll experience clarity as the focus, along with further relaxation and subtlety.

**July 27: Opening the Heart.** Heart-mind has been embedded in the previous meditations, but with this session we'll now make it the focus, opening to impartial compassion and loving-kindness for all beings.

**August 3: Pure Mind Meditation.** In this session we'll nurture the experience of pure perception—seeing things as they truly are.

**August 10: Nonconceptual Meditation.** With the final session, we'll enter the realm of Dzogchen, where resting the mind becomes complete. By dropping all the previous forms, the potential for finding our true nature is revealed—a pure state of awareness, beyond time.

*Diane Berger began practicing Tibetan Buddhism in 1989, receiving teachings and empowerments from many of the great lamas of our time, including HH Dilgo Khyentse, Dodrupchen Rinpoche, Thinley Norbu, Sogyal Rinpoche, and many others. In 1997 Diane brought Dza Kilung Rinpoche from Asia to the west, where they began the Kilung Foundation and Pema Kilaya sangha in Seattle. After 15 years working closely and studying with Kilung Rinpoche, she embarked on traditional solo retreat, completing four and a half years. Now residing in her native northwest, she teaches meditation and Buddhism.*