

The Relaxed Mind

with Diane Berger

6 Tuesdays

Sept 5 thru Oct 10

7 - 8:30 pm

• East West Bookshop •
6407 12th Ave NE Seattle
Call to pre-register (206) 523-3726



Join us for the meditations of *The Relaxed Mind* by Tibetan lama Dza Kilung Rinpoche.

Come for all six sessions, or drop in anytime. \$10/session

www.awakemoment.com

Diane has been a practitioner of Tibetan Buddhism since 1989. After co-founding and managing the Kilung Foundation and Pema Kilaya Sangha for 15 years, she undertook four and a half years of solo retreat. Now residing in her native northwest, she teaches meditation and Buddhism, and advises others about their personal dharma practice.

Note: September 12 session will be led by **Damien Abel**, long-time Vajrayana practitioner and student of Kilung Rinpoche ~ www.vajrabyvajramind.com

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The Seven Meditations of *The Relaxed Mind*:

- 1: Joining Mind and Body.** Experiencing our physical body as the support for meditation, how to gain comfort and ease...with kindness.
- 2: Calm Abiding.** Gentling the wildness inevitably revealed when we go for quiet, and revealing deeper levels of our humanity.
- 3: Going for Clarity.** We'll introduce mental clarity, providing a segue to Insight meditation.
- 4: Insight Meditation.** Experience clarity as the focus, along with further relaxation and subtlety.
- 5: Opening the Heart.** Heart-mind becomes the focus, opening to loving-kindness for all.
- 6: Pure Mind Meditation.** Nurture the experience of pure perception—seeing it as it truly is.
- 7: Nonconceptual Meditation.** 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.

www.pemakilaya.org