

The Relaxed Mind Meditation

with Diane Berger

WEDNESDAYS

ONGOING since summer 2017

7 - 8 pm • University Heights

5031 University Way NE, Room 207 (Home of Seattle Ki Aikido)
Seattle

Join us for meditation as put forth in *The Relaxed Mind* by Tibetan lama Kilung Rinpoche. Diane is presenting this progressive series of seven meditations, spending several sessions with each. The greater part of each session will be devoted to the practice itself.

Intended for any level of experience.

Join us for all sessions, or drop in anytime.

Bring a cushion. Chairs available.

Suggested donation \$10/ no one turned away for lack of funds



- 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.

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 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.