

The Relaxed Mind

A One Year Cycle of 7 Meditations with Diane Berger



WEDNESDAYS

7 - 8 pm • University Heights

5031 University Way NE, Room 207 (in the dojo of Seattle Ki Aikido), Seattle

Beginning July 11, 2018

Join us for the refreshment of meditation as put forth in *The Relaxed Mind* by Tibetan lama Kilung Rinpoche. Diane presents this progressive series of seven meditations, including guided sessions, and discussions on Buddhism

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

Please refrain from using perfumes or essential oils in consideration for those with allergies.

- ✿ **Joining Mind and Body.** Introducing our body to meditation, to gain comfort and body awareness.
- ✿ **Calm Abiding – Shamatha.** Gentling the wildness inevitably revealed when we go for profound quiet.
- ✿ **Going for Clarity.** Entering mental clarity, as a segue into Insight Meditation.
- ✿ **Insight Meditation – Vipassana.** Experience clarity as the focus, and the present moment as the object.
- ✿ **Opening the Heart.** With radical acceptance, we open and expand our loving-kindness for all.
- ✿ **Pure Mind Meditation.** Seeing things as they truly are—finding an inner landscape of no struggle.
- ✿ **Nonconceptual Meditation.** Entering Dzogchen, where resting the mind becomes complete.

Diane Berger began practicing Tibetan Buddhism in 1989, receiving teachings and empowerments from many of the great lamas of our time. In 1997 she brought Dza Kilung Rinpoche from Asia to the West, where together 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. She now teaches meditation and Buddhism in Seattle.