



**Five Spiritual Qualities of Heart and Mind:
*Generosity, Virtuous Conduct, Confidence,
Truthfulness, and Determination. Part 1*
Eight Wednesdays, January 10 – February 28, 2018
From 6:30 – 8:30pm
with Community Dharma Leader, Lhasha Tizer.**

For people in the modern world who are wrestling with the issue of how to practice the Dharma in daily life, the perfections provide a useful framework for developing a fruitful attitude toward daily activities so that any activity or relationship undertaken wisely with the primary purpose of developing the perfections in a balanced way becomes part of the practice.

In this eight week class series we will study and explore five noble qualities of heart and mind as a skillful means in formulating the purpose of one's life and freeing oneself from craving, conceit and limiting opinions.

Classes will consist of meditation, dharma talks, discussion, Q&A and mindful inquiry.

TCMC Fee: \$55 will cover TCMC expenses for the 8 week class or \$8 per class drop-in rate. Participants will have an opportunity to offer “Dana” to the teacher, a *Pali* word which means generosity. The teachings of the Buddha have been supported by this 2,600 year old practice. This further sustains Lhasha in offering these teachings. Suggested Donation: \$10 per class.

*No one will be turned away by inability to pay.

Where: 1231 E Edison St., one block south of Grant and two houses west of Mountain. Please use mindful parking and park one block away from the center to respect our neighbors. If you have trouble walking, park in the circular drive way in front.

Registration: To register please complete the online registration at <http://tucsonmeditation.org/retreats> OR send check (payable to TCMC), email and phone # to TCMC c/o Qualities of Heart PO Box 43415 Tucson, AZ 85733

TEACHER: Lhasha Tizer, MS is a Community Dharma Leader from the Spirit Rock Program, teaching Insight meditation for 22 years. She has been practicing, studying and teaching meditation forty years and at TCMC since 2,000 for Desert Insight meditation