



The Five Spiritual Faculties

A 6 week Course

Wednesdays, April 26 – May 31, 6:30-8:30 PM

With

Lhasha Tizer, Community Dharma Leader

“The Buddha was very pragmatic. He didn't philosophize about "the nature of reality"; he gave us simple, basic guidelines about how we can manage the challenges and difficulties of life. The Buddha started with the basic human condition: we often suffer. Suffering can take many forms: anxiety, tension, stress, grief, fear, or dissatisfaction, to name a few. He emphasized that suffering is workable, that we can engage with our suffering in such a way as to be freed from it. He described five faculties that we need to develop to do so: confidence (faith), effort, mindfulness, concentration, and discernment (wisdom). These five qualities are present in varying degrees in almost every activity. They are useful in developing any skill, be it playing a musical instrument, training in a sport, or cultivating a meditative mind. The Buddha recognized these universal human capacities and taught us how to use them to develop the craft of meditation.” – Gil Fronsdal

The class series will consist of a Dharma Talks, meditation, group discussions, reflective inquiry and Q&A.

***It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center. Please reserve TCMC driveway parking for people who cannot walk far. Thank you**

WHEN Wednesdays, April 26 – May 31
6:30-8:30 PM

LOCATION: Tucson Community Meditation
Center 1231 E. Edison Tucson, AZ

DIRECTIONS: One block S. of Grant and 2
houses W. of Mountain Ave.

Registration: go [HERE](#) or send check (payable to TCMC),
email and phone # to TCMC c/o Five Faculties PO Box
43415 Tucson, AZ 85733

FEE: for TCMC \$38.00 for all 6 weeks plus
Dana donation for the teacher or \$7.00 for
Drop in Class. **Dana** is a **Pali** word meaning
generosity. Please give what you can from
your heart, to support these 2,600 year old
practices *No one will be turned away due to
inability to pay.

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TEACHER: Lhasha Tizer, MS is a Community Dharma Leader from the Spirit Rock Program, teaching Insight meditation for 21 years. She has been practicing and teaching meditation over thirty-five years and at TCMC since 2000.