



Real Kindness: Love and Compassion

8 Week Class Series – Wednesdays

August 23-October 11, 2017, 6:30-8:30 pm

With Community Dharma Leader, Lhasha Tizer

The Thought manifests as the word;

The word manifest as the deed;

The deed develops into habit;

And habit hardens into character.

So watch the thought and its ways with care,

And let it spring from love

Born out of concern from all beings. “

- The Buddha

Loving friendliness and compassion are beautiful qualities of heart and mind, for dwelling in the world and cultivating happiness. They can be developed through daily meditation and continual life practice. We practice by sending these qualities to ourselves and others.

In this 8 week class series we will study and explore loving friendliness and compassion as forces in opening our hearts so we can live with greater peace and contentment. At a time when our country and the world are calling out to us to bring harmlessness, generosity, understanding and cooperation to our actions, we look to these practices for healing and reconciliation.

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. Participants will have an opportunity to offer “Dana” to the teacher, a *Pali* 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. *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: go [HERE](#) or send check (payable to TCMC), email and phone # to

TCMC c/o Real Kindness

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