



Real Kindness: Sympathetic Joy & Equanimity

7 Week Class Series – Wednesdays

October 25-December 13, 2017, (No class November 22)

6:30-8:30 pm

With Community Dharma Leader, Lhasha Tizer

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity. Anonymous

Sympathetic Joy (mudita) and Equanimity (upekkha) are beautiful qualities of heart and mind, for living in the world and cultivating love for others and impartiality. They can be developed through daily meditation practice and everyday application. We realize these states of being by making these qualities to our own and extending them to others.

In this 7 week class series we will study and investigate sympathetic joy and equanimity as forces in cultivating love and wisdom so we can live with greater ease and happiness. At this time when our country and the world are beckoning us to us to manifest peace, harmlessness, good-will, understanding and cooperation in our deeds, we look to these practices for balance and reciprocity.

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

TCMC Fee: \$50 will cover TCMC expenses for the 7 week class or \$8 per class for drop-ins. 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. *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 to tucsonmeditation.org or send check (payable to TCMC), email and phone # to

TCMC c/o Real Kindness

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 and teaching meditation over thirty-five years and at TCMC since 2,000 for Desert Insight meditation.