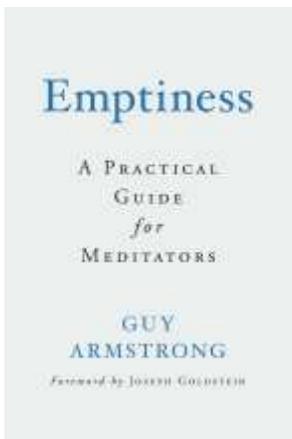




Desert Insight Meditation invites you to join our book study group for meditation, reading, study, and discussion of our new book. A Buddhist topic long sought after by practitioners for richer, deeper understanding.

Emptiness: A Practical Guide for Meditators by Guy Armstrong



If everything is empty, then what ceases in Nirvana and is born in rebirth? How can you live in the world without feeling trapped by it? Guy Armstrong tackles these questions and more in this richly informed, practical guide to emptiness for the meditator.

It may seem odd for *emptiness* to serve as the central philosophy of a major religion. In fact, emptiness points to something quite different than “nothingness” or “vacancy.” And by developing a richer understanding of this complex topic, we can experience freedom as we live consciously in the world.

Guy Armstrong has been a leading figure and beloved teacher of insight meditation for decades. In this book, he makes difficult Buddhist topics easy to understand, weaving together Theravada and Mahayana teachings on emptiness to show how we can liberate our minds and manifest compassion in our lives.

ABOUT THE DIM BOOK STUDY GROUP

This book study group is a commitment to participate in weekly meetings and readings until the book is completed.

INFORMATION

When: Begins Tues, January 16, 2018, 6:30–8:30 p.m.

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

Directions & Parking Info: TCMC is located one block south of Grant Road and two houses west of Mountain Avenue. *It is very important* to observe mindful parking by not parking on the same block as TCMC. Please reserve TCMC driveway parking for people who cannot walk far. Thank you!

Fee: \$5–7 weekly fee for TCMC plus *Dana* — a Pali word meaning generosity — for the teacher. The suggested donation is \$10/class. Please continue to support Lhasha in continuing to offer these 2,600-year-old priceless teachings of the Buddha. Payments can be made weekly or monthly to cover the TCMC fee and Dana for the teacher.

Registration: You may call or email Lhasha to let her know you will be joining

Contact: Lhasha Tizer, lhasha9@gmail.com, 520-321-3670

ABOUT THE TEACHER

Lhasha Tizer, MS, has been practicing and teaching formal meditation techniques for 40 years. She began practicing Insight Meditation 21 years ago with Spirit Rock teachers and has taught at TCMC since 2000. She is a certified Community Dharma Leader from the Spirit Rock program and teaches for DIM.