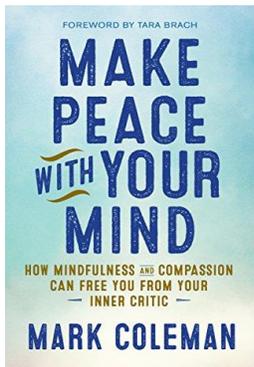




Tucson Community
MEDITATION CENTER

Make Peace with Your Mind: How Mindfulness and Compassion Can Free You from Your Inner Critic by Mark Coleman



Desert Insight Meditation invites you to join our book study group for meditation, reading, study, and discussion of our new book, which fits the concerns of this time!

The inner critic is the voice inside our heads reminding us that we are never “good enough.” It’s behind the insidious thoughts that can make us second guess our every action and doubt our own value. The inner critic might feel overpowering, but it can be managed effectively. Mark Coleman helps us understand and free ourselves... using the tools of mindfulness and compassion.

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

Please purchase the book prior to beginning the class.

When: Begins Tuesday, May 9, 2017, 6:30–8:30pm; classes are ongoing / weekly. There will be a summer break; the last class will be June 27, and we will resume on August 22 to finish whatever we have not completed.

Fee: Sliding scale \$5–7 per class for TCMC plus a *Dana* donation to the teacher. The teachings of the Buddha have been sustained by the 2,600-year-old tradition of *Dana*, a Pali word meaning “generosity.” This supports Lhasha in continuing her teachings. No one will be turned away due to lack of funds. **Payments can be made weekly or monthly** to cover the TCMC fee and *Dana* for the teacher.*No one will be turned away for inability to pay.

Where: TCMC, 1231 E. Edison, Tucson

Directions: One block S. of Grant, 2 houses west of Mountain Ave. Please park one block away block to observe mindful parking.

Contact: To register: Please contact Lhasha (Lhasha8@gmail.com, 520-321-3670) to let her know you will be joining