



Tucson Community
MEDITATION CENTER



Transforming the Judgmental Mind, Cultivating the Wise Heart

*A Silent Non-Residential Meditation Retreat
with*

Spirit Rock Teacher Donald Rothberg

January 26-28, 2018

Judgments of a reactive and often automatic nature are very strong in most of our lives, and in the dominant culture. They can distort our perceptions, make relationships with others difficult, and undermine our work in the world. In this two-day non-residential retreat, we will explore the nature of such judgments (and their difference from non-reactive discernment) and how to transform them. We will cultivate mindfulness, inquiry, and heart practices such as lovingkindness, forgiveness, and compassion. We will also explore the somatic and social dimensions of judgments and the role of cultivating awakened qualities in transforming judgments. These tools will help us to preserve the intelligence and energy often found in judgments, using them for discernment and compassionate action, while working through judgments' destructive and compulsive aspects, that often rest on unconscious or unexamined limiting beliefs. This retreat will include sitting and walking meditation, including instructions for several guided practices, talks and group discussion, and some basic movement practices, all in the context of a small, supportive community.

WHEN: Friday, Jan. 26, 6:30-8:30pm. Saturday, Jan. 27, 9-5:00pm. Sunday, Sun, 9-3:30pm.

FEE: \$60 for the weekend, \$10 Friday only if paid in advance. At the door, \$70 or \$12 Friday only. Scholarships are available, and no one will be turned away due to inability to pay. These fees only cover TCMC's retreat and monthly expenses. Donald Rothberg receives no compensation from TCMC. You will have the opportunity to offer Dana donations to the teacher, a Buddhist tradition of generosity. Dana is not payment for goods and services; it is a gift for the teacher from your heart in gratitude.

WHERE: TCMC 1231 E. Edison Tucson, AZ. It is important to the future of TCMC to observe mindful parking by not parking on the same block as the Center. **TO REGISTER:** please complete the online registration [HERE](#) OR send Check Payable to TCMC, along with your name, phone number and email address to: TCMC c/o Donald Rothberg Retreat, PO Box 43415, Tucson, AZ 85733

CONTACT: Blake Barton – tcmcregister@live.com (520) 775-1626

About the Teacher: Donald Rothberg, Ph.D., is a member of the Teachers Council at the Spirit Rock Meditation Center in California. He has practiced Insight Meditation since 1976 and also received training in Tibetan Dzogchen and Mahamudra practice and in the Hakomi approach to body-based psychotherapy. He currently teaches and writes on mindfulness and lovingkindness meditation, and the application of these and other practices to transforming the judgmental mind, speech and communication, working with conflict, social service, and social action. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.