



Tucson Community  
MEDITATION CENTER



## Preparing for Chaotic Times Stilling the Chaotic Mind

with Sanjay Manchanda Ph.D.

New Date - January 13, 2018

*“Yesterday I was  
clever, so I wanted to  
change the world.  
Today I am wise, so I  
am changing myself.”*

*—Rumi*

There is a clear trend of increasing environmental and political upheaval in our present times. There is so much beyond our control. It is reasonable to ask: Is there a right way to prepare for these chaotic times? In what way can we as individuals make a positive contribution toward our future?

According to Dharma, the best preparation is becoming aware that stillness is ever present in each moment and is vaster than the chaos of the mind. As we learn to abide in this stillness, we are able to experience freedom from our limited and grasping idea of self. The serene/ungrasping mind experiences a direct knowing that leads us to effective and synchronized loving action.

The sixth step in the Eightfold Path in Buddhism is Right Effort, which is summarized as the effort to cultivate wholesome states of mind and to abandon unwholesome states of mind. In this workshop, we will exercise the use of Right Effort by learning tools that help us connect to the ever-present stillness and love that resides within us. These tools include: mindfulness, direct inquiry, observation and mind-body integration. We will also explore new ways of practicing together as a group.

Approximately 50% of the time will be spent teaching/discussion and 50% of the time on practice.

**WHEN:** Saturday, Jan. 13, 2018 9:00am – 1:00pm \* tea & light snacks provided \*

**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 and by leaving an empty parking space in front of the homes on the neighboring blocks. Please reserve TCMC driveway parking for people who cannot walk far. Thank you!**

**COST:** \$35 advance payment/\$45 at door *No one will be turned away due to inability to pay*

To register please complete the online registration at <http://tucsonmeditation.org/retreats> OR send Check payable to TCMC, along with your name, phone number and email address to:

TCMC c/o Sanjay Retreat, PO Box 43415, Tucson, AZ 85733

**CONTACT:** Jeannie Fruean - [jeanniefruean@comcast.net](mailto:jeanniefruean@comcast.net) 520-971-4362

**ABOUT THE TEACHER:** *Sanjay Manchanda has been a meditation teacher and spiritually oriented counselor for over twenty-five years. He has a Ph.D. in Computer Science and a Master's in Psychology. He has a private practice in Transpersonal Counseling, Jungian and Body based psychotherapy, and Neurofeedback. He also leads meditation groups and retreats. Sanjay's teaching draws from different traditions such as Non-Dual Hinduism, Yoga, Sufism, Buddhism, Western Psychology and Neuroscience. His background reflects the confluence in our world right now of a wide range of psychological and spiritual wisdom traditions. He emphasizes the process of awakening from the small self to the True Self, and the embodied expression of this awakening as the qualities of love and wisdom.*