



Light on Meditation: The Science of Meditative Success

Discussion, Q&A, and Book signing

with Upasaka Culadasa

Jan. 13-14, 2017

In his groundbreaking new book, *The Mind Illuminated*, Buddhist teacher and neuroscientist Culadasa (John Yates, PhD) has developed a clear and comprehensive road map designed to address common difficulties associated with meditation, regardless of skill level, enabling your practice to truly soar. He will guide you on an exploration of how to effectively cultivate mindfulness and ultimately change your thoughts, feelings, and habits for the better. The words “attention” and “awareness” are often used interchangeably, but they do not mean the same thing. A clear understanding of these two ways of knowing will not only improve your meditation, it will allow you to develop deeper, more rewarding, and transformative states of consciousness while continuing to live and work in our busy world. This event will be approximately 1/3 meditation.

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!

WHEN: Jan. 13-14, 2017
Friday: 7:00 pm – 9:00 pm
Saturday: 9:00 am – 4:00 pm

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

DIRECTIONS: One block S. of Grant and 2 houses W. of Mountain Ave.

FEE: \$65 for Friday and Sat., or \$10 for Friday only if paid in advance. \$75 and \$12 at the door.
No one will be turned away due to inability to pay.

TO REGISTER: use our online registration system available [HERE](#) or

Send email, phone #, and check payable to TCMC to
TCMC c/o Light on Meditation
PO Box 43415
Tucson, AZ 85733

In the event that the event fills up, first priority will be given to those that pay in advance.

CONTACT: Blake B.
tcmcregister@live.com or 520-514-2262

TEACHER: Upasaka Culadasa, an ordained dedicated lay-practitioner has been practicing Buddhist meditation for 40 years and is the Director of *Dharma Treasure Buddhist Sangha*. His intensive training in both Theravadin and Tibetan traditions brings students a rare opportunity for rapid progress and deep insight. As a Ph.D. training and teaching in neurosciences, he also brings a scientific perspective to his teaching. He now leads a contemplative life and is devoted to helping students master meditation skills.