

Access to the Inner World: Basic Buddhist Practices



Image by Gabriel Isak

On-Line, Tuesday Evenings July 5th - 26th 6pm – 7:30pm
with Steve Ross, MA, LMFT (CA)

Here we are on a moon-lit night, quietly reflecting. We've survived, so far, and we're managing, but life is unpredictable. It's a constant push and pull, and we're tired. Is peace of mind even possible in a world like ours?

The wisdom traditions have always answered, "Yes! Go within." The Buddhist tradition has rich offerings to access the inner world. This 4-week class, geared mainly for those new to (or curious about) inner work, and also open to meditators of all traditions, offers simple, powerful meditations that support inner transformation. Each week we'll learn a different one. Mindfulness is the foundation. We'll start there, then explore mindfulness of breath and body, mindfulness of thoughts, and mindfulness of emotions. We'll end with *metta*, the beautiful heart practice of generating good will and loving-kindness to all living beings, including ourselves.

This is a free, on-line class. Donations to TCMC are gratefully accepted. Please register in advance [Here](#) to receive the Zoom link.

About the instructor

Steve Ross is currently in the Mindfulness Meditation Teacher Certification Program (MMTCP), taught by Jack Kornfield and Tara Brach. He is a Tucson-based, California-licensed Marriage and Family Therapist, specializing in stress and anxiety reduction. He is co-author (with Karen A. McChrystal) of the self-help book, *How To Get Married After Forty* available on Amazon.com