



Inviting Immeasurable Joy: Mudita Meditation Daylong Online Retreat

**With special guest teacher - Mushim Patricia Ikeda.
Jan. 29, 2023**

Want more joy in your life? The Buddhist teachings and practices of “mudita,” translated as empathetic joy, or joy in the happiness of others is one of the four Brahmaviharas (Divine Abodes). These are beloved Dharma teachings, also called the Four Immeasurables. It’s a simple proposition; if we want more joy, why not practice resonating with other people’s joy.

We exponentially increase the joy that is available to us when we rejoice in someone else’s good fortune as well as our own? Like all of the Immeasurables, empathetic joy does have a goal: unconditional empathy. We might try cheering when someone else’s team wins. Not there yet? No problem.

We’ll start with what is easy and enjoyable and train ourselves gradually to do the heavier lifting. This is a simple and practical way to become happier and to feel a sense of connection and belonging. This retreat will contain guided meditation (beginners welcome), Dharma talks, contemplative journaling, facilitated community sharing and Q & A with the teacher.

When: Sunday Jan. 29 from 10:00 AM - 5:00 PM MST/Arizona (9:00 – 4:00 PST)

Daylong Fee: \$40 plus Dana (donation) for the teacher. No one will be turned away due to inability to pay. Scholarships are available for those with financial need. You may apply for a scholarship when registering. Mushim is freely offering this retreat on a Dana basis and will receive no compensation from TCMC. She has opted to be supported by your generous donations. If you also register for Mushim’s Feb. 26 daylong Equanimity retreat you will receive a **discount**. Please see the registration page for details.

Registration: To register please go to www.tucsonmeditation.org

Contact: Blake at registration@tucsonmeditation.org or 520-775-1626

Mushim Patricia Ikeda (she, her) is an internationally known Buddhist and secular mindfulness teacher known for her humorous and down-to-earth approach in applying Dharma practices and understanding to everyday life. She has published extensively in Buddhist media such as Lion’s Roar and Tricycle and various anthologies. Justice activism and movement building, anti-racism work, parenting, and the role of creativity in cultivating resilience are among her deepest passions. For more info www.mushimikeda.com