

Mountain Stream Meditation
Daylong with Oren Jay Sofer
Mindful Communication:
Exploring Wise Speech

Saturday, August 11, 2018

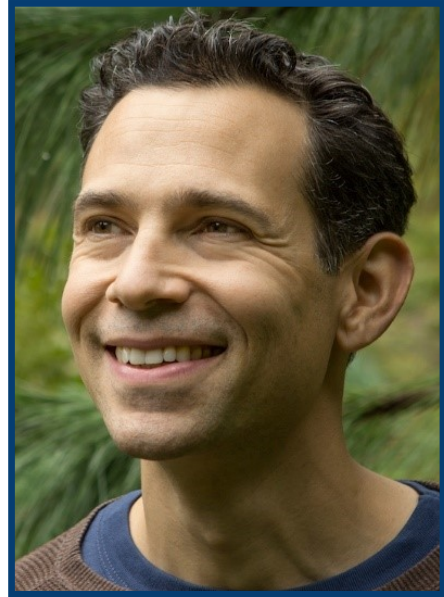
10:00 am - 5:00 pm

Nevada City Insight Center
710 Zion Street, Nevada City, CA

The path of practice taught by the Buddha is meant to transform our thought, speech, and actions. How do we put these teachings into practice to make conversations more meaningful and effective? How can we use our spiritual practice to deepen our relationships personally and professionally?

Training ourselves to speak in a wise and non-harmful way is one of the factors of the Noble Eightfold Path. In this daylong, we will explore how to bring mindfulness and care to our communication—our listening, our speaking, and even our thinking.

The tools shared will be a combination of the core guidelines for Wise Speech offered by the Buddhist tradition, as well as the contemporary discipline of Nonviolent Communication. These practices form a powerful foundation for cultivating insight, awareness, self-understanding and empathy. Through strengthening our capacity to stay present and to be more skillful in difficult situations, the pain and misunderstandings that come out of unwise and habitual speech can begin to ease, and our conversations and relationships can grow in meaningful, healthy ways.



Oren Jay Sofer has practiced Buddhist meditation since 1997, and is a long-time student of Joseph Goldstein, Michele McDonald and Ven. Ajahn Su-citto. He holds a degree in Comparative Religion from Columbia University, is a member of the Spirit Rock Teachers' Council, a Certified Trainer of Non-violent Communication, and a Somatic Experiencing Practitioner for healing trauma. Oren is also the author of *Say What You Mean: A Mindful Approach to Nonviolent Communication* and the founder of Next Step Dharma.

The daylong registration fee is a sliding scale of \$35 to \$50. Pre-registration and payment are requested to secure your space. A limited number of work/study scholarships are available. Registrations support Mountain Stream's programs at the Nevada City Insight Center.

During the daylong, there will be the time-honored tradition of offering generosity (dana) directly to Oren, whose livelihood is supported by the communities he serves. The generosity offered is received with gratitude.

Registration & Contact:
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Mountain Stream Meditation
www.mtstream.org

