

Mountain Stream Meditation

Daylong with

Anandabodhi Bhikkhuni

Cultivating the Radiant Mind

Saturday, December 8, 2018

9:30 am - 4:30 pm

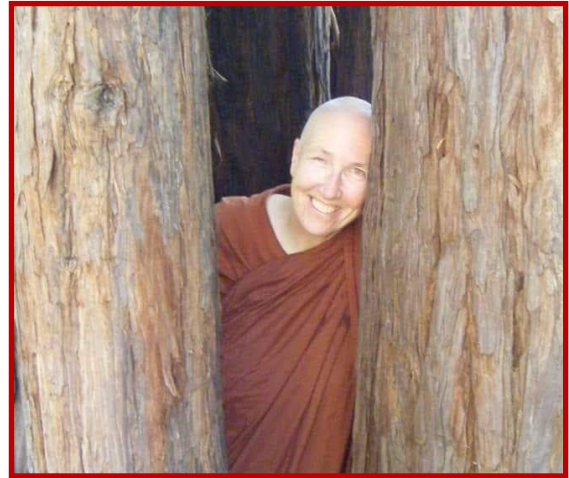
Nevada City Insight Center

710 Zion Street, Nevada City, CA

Throughout early Buddhist teachings we find an encouragement to cultivate the four immeasurable states of heart and mind, for our own well-being and for the well-being of others. When used with clarity and wisdom, these states are not only pleasant and peaceful, but they can lead to a deepening of wisdom as we touch into the experience of anatta, not-self, or oneness with all beings.

This daylong will be held in Noble Silence with Ayya Anandabodhi offering instruction on developing the four immeasurable states of heart and mind. There will be sitting, walking and standing meditation, Dharma sharing and an opportunity for Q&A.

For our shared meal, retreatants are all invited to participate in the ancient practice of offering alms food to monastics. Please bring a vegetarian dish for 6 as an offering for this shared sangha meal.



Ayya Anandabodhi first encountered the Buddha's teachings in her early teens, igniting a deep interest in the Buddha's Path of Awakening. She lived and trained as a nun in the Thai Forest Tradition at Amaravati and Chithurst monasteries in England from 1992 until 2009, when she moved to the US to help establish Aloka Vihara, a training monastery for women. Her practice and teaching are guided by early Buddhist scriptures and through nature's pure and immediate Dhamma. In 2011 she took full Bhikkhuni Ordination, joining the growing number of women who are reclaiming this path given by the Buddha.

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. Your registration fee helps to support Mountain Stream's on-going programs at the Nevada City Insight Center.

During the daylong, there will be the time-honored tradition of offering a financial donation directly to Ayya Anandabodhi and the nuns' Forest Community in Placerville at Aloka Vihara Monastery, www.alokavihara.org. All donations ensure the continuation of the Buddha's priceless teachings and are graciously received.

Registration & Contact:

robin@mtstream.org

Mountain Stream Meditation

www.mtstream.org

