

## Mountain Stream Meditation

### Investigating the 3 Characteristics of Existence Through the Lens of Poetry & Story

#### A Half-Day Retreat

An Interactive Dharma Dialogue  
with Maeve Hassett

Saturday, January 12, 2019  
1:00 – 5:00 pm

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

Everything that exists in the universe is subject to these 3 characteristics:

**Anicca** - Everything is impermanent. Everything that is created has a beginning and an end.

**Dukkha** - Everyone experiences unsatisfactoriness and therefore, in varying degrees, we all suffer.

**Anatta** - Everything is deprived of a self. There is no self-inherent entity, nothing that can be controlled.

Understanding that these are universal characteristics can be both relieving and disturbing. In this series we will explore the dimensions of these characteristics through voices of poetry that span the centuries. These beautifully written images and metaphors open us to a deeper experiential knowing of the truths of existence.

Half-day will include:

- Guided meditative listening
- Responding to the words and felt sense of the poetry
- Dialogue to expand and deepen understanding



Maeve Hassett has been practicing and studying meditation and mindfulness since 1993. She is a graduate of the Spirit Rock Meditation Center's Community Dharma Leadership Program and Dedicated Practitioners Program. She has been teaching meditation classes since 2003. Maeve co-founded and co-leads the Rocklin Meditation Group, and frequently offers dharma talks in Auburn and Nevada City. Maeve recently retired from a 35-year psychotherapy practice using mind/body awareness as a guiding principle in her work with individuals.

The registration fee for attending this half-day is a sliding scale of \$25 to \$35. In keeping with the Buddhist practice of *dana*, the wise action of generosity, there will be an opportunity to offer a donation to Maeve who is supported by the community's generosity. All levels of offering are received with gratitude.

#### Registration & Contact:

[marcia@mtstream.org](mailto:marcia@mtstream.org)

Mountain Stream Meditation  
[www.mtstream.org](http://www.mtstream.org)

