

Mountain Stream Meditation

Suchness and the 7 Factors of Awakening

with Bruce Pardoe

Wednesday Evening Series

Feb 6, 13, 20, 27

6:00 - 7:30 pm



As meditation practice develops, qualities of our awakened mind begin to emerge. Recognizing these aspects enables a practitioner to cultivate, deepen and embody them while enjoying their liberating potential here and now. When paired with an understanding of suchness versus identification, the 7 Factors of Awakening take on a new depth and possibility for freedom. This course will teach you to celebrate and claim what is already awake in your basic nature with a sense of wonder and fluidity.

Bruce has been offering Dharma talks at Mountain Stream since 2010 and leading the 6-week Introduction to Insight series twice a year since 2011. He is a graduate of the 2-year Community Dharma Leadership training at Spirit Rock and has sat numerous 1-3-month long retreats. All combined, Bruce has spent over two years in silence developing wisdom and compassion. He's traveled to Asia numerous times where he explored the non-dual tradition of Advaita. By combining Buddhist mindfulness with Advaitic inquiry, Bruce has developed the Heart Fluency practice and recently completed the first 6-week training.

The registration fee for attending this 4-week series is a sliding scale of \$30 to \$40. In keeping with the Buddhist practice of *dana*, the wise action of generosity, there will be an opportunity to offer a donation to Bruce who is supported by the community's generosity. All levels of offering are received with gratitude.

Registration & Information:
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