

**2 Daylongs, 9am-5pm**  
**May 3 - 4, 2008**  
**Sat: The Way of Shamatha**  
**Sun: Obsession in Everyday Living**  
**Marv Treiger**  
**Nevada City, CA**

SHAMATHA is Sanskrit for stable, calm abiding. Its essence is active attention. Properly practiced, it leads to a balanced life. It also prepares the ground for life-changing insights.

On Saturday, May 3, the topic will be *The Nine Stages of Cultivating Attention*. This will lay out the foundation and development of shamatha all the way up to its achievement.

On Sunday, May 4, the topic will be *Obsession in Everyday Living*. Tantric methods will be explored to address obsessive compulsive mechanisms.



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



Marv Treiger has emphasized Shamatha, the Four Immeasurables, Jhana, and Insight in his meditations since 1993. He recently completed a 3-month Shamatha retreat as part of a double-blind scientific study under the tutelage of Alan Wallace.

He maintains a private psychotherapy practice in Los Angeles and is an adjunct faculty member at Antioch. He has led numerous retreats and workshops. Marv is known for the clarity and humor of his teachings. You will leave with many practice gems.

The cost of one daylong is \$20, however no one is turned away for lack of funds. To ensure a space, pre registration is recommended. Registrations are being accepted for one day or for both days.

Please bring a bag lunch, wear loose and comfortable clothing, and carpool if possible as parking is limited.

In keeping with the Buddhist practice of dana (generosity), donations are requested to support the efforts of the teacher. Donations may be made at the end of the retreat.

**To Register:**  
**Contact Susan**  
**530-470-8902**

