

Mountain Stream Meditation

Half-Day with Bruce Pardoe

Liberation through Awareness of Awareness

Saturday, March 28, 2020

1:00 – 5:00 pm

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



Bruce Pardoe has been offering Dharma talks at Mountain Stream since 2010 and leading the 6-week Insight Meditation & Mindfulness Course 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 to 3-month long retreats. All combined, Bruce has spent over two years in silence developing wisdom and compassion.

This half-day is open for all levels of interest and for anyone who would like to attend. To register, there is a sliding scale registration fee of \$25 – \$35. For those who are already enrolled in the Insight & Mindfulness 6-session course, there is no additional charge for this half-day, since it is included in the course registration fee.

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. In addition, there will be a "generosity" basket for Mountain Stream to help sustain our continuing programs. All levels of offering are received with gratitude.

Registration & Contact:
robin@mtstream.org

Mountain Stream Meditation
www.mtstream.org



"We can become an expert on how the coolness of our belt buckle feels as it presses against our belly on the in-breath, but that probably won't wake us up. Practice doesn't go very far until we become aware of awareness itself." ~ Sayadaw U. Tejaniya

We may be familiar with what makes up our experience - thoughts, emotions, bodily feelings and our other senses - but what about the quality of our mind that knows them? In this half day retreat, we will turn our attention directly to the awake, aware capacity of our minds and explore how doing so can lead us to peace, clarity, compassion and freedom.

