

**Mountain Stream Meditation
Heart Practices - Study Group
with Mary Helen Fein
Four Consecutive Thursday Evenings
9/28, 10/5, 10/12, 10/19, 2017
6:30 pm - 8:00 pm
Nevada City Insight Center
710 Zion Street
Nevada City, CA**

Join us for a new study group as we explore Heart Practices. Together we will aim to better understand the Brahma Viharas and further develop our individual capacity for these higher emotions of: Loving-kindness, Compassion, Joy, and Equanimity.

Wisdom and Compassion are considered the two wings of awakening, each an aspect of the other, each needing the other to come into its fullest expression. Often our meditation practice is centered more on the wisdom factors, and the heart practices or higher emotions of compassion (karuna) and loving-kindness (metta) are less emphasized. In this study group, we'll turn our full attention to all four of the Heart Practices and see more deeply into our own unique emotional intelligence.



Mary Helen Fein has been practicing Insight Meditation for 25 years. She leads sitting groups in Auburn, Rocklin and Nevada City and has taught meditation classes for over 10 years. She's developed a free online meditation course www.BeginningMeditationOnline.com.

Mary Helen completed three intensive study programs at Spirit Rock Meditation Center: The Dedicated Practitioner Program (DPP), Community Dharma Leadership Program (CDL), and the Advanced Practitioner Program (APP). She has taught meditation at Mountain Stream for the past ten years and continues into the future.

The registration fee for attending this four-week Heart Practice Study Group is a sliding scale of \$25 -\$35. In keeping with the Buddhist practice of *dana*, the wise action of generosity, there will be an opportunity to offer a financial contribution to Mary Helen and to support our beloved Temple (the Nevada City Insight Center.) All levels of offering are received with gratitude.

Registration & Information:
jeannie@mtstream.org



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www.mtstream.org