

# Daylong with Heather Sundberg

## *See, Care and Respond*

Saturday, June 17, 2017  
10:00am to 5:00pm  
Nevada City Insight Center  
710 Zion Street, Nevada City, CA

**Seeing:** Developing insight by seeing more clearly through the lens of the Three Characteristics (impermanence, unsatisfactoriness, not taking it personally).

**Caring:** Opening our hearts to empathy and compassion in the face of personal and collective uncertainty and difficulty. Exploring some of the 'near misses' to caring and how to rebalance to attend to compassion fatigue and co-dependence.

**Responding:** How we utilize the gifts of Seeing & Caring to gather our energy to be responsive in our lives and the world.

Enjoy a day of quiet sitting and walking meditation, which allow our bodies and minds to settle down and our hearts to open to an inner wisdom. In addition to insight meditation practice, Heather will offer teachings, guided practice on the theme, as well as optional Qi Gong practice and plenty of discussion about how to live these teachings in our daily lives.



**Heather Sundberg** began teaching meditation in 1999. She has completed the four-year Spirit Rock / Insight Meditation Society Teacher Training. Beginning her own meditation practice in her late teens, for twenty-five years Heather has studied with senior teachers in the Insight Meditation and Tibetan traditions, and has sat 1-3 months of retreat a year for the last twenty years. She is a Teacher for Mountain Stream Meditation in the Sierra Foothills, and also teaches classes, daylongs and residential retreats nationally, especially at Spirit Rock Meditation Center. For more info visit [www.heathersundberg.com](http://www.heathersundberg.com) or [www.mtstream.org](http://www.mtstream.org).

In keeping with the Buddhist practice of generosity, there will be an opportunity to offer a donation to Heather, whose livelihood is sustained by the communities she serves. All levels of offering are received with gratitude.

### Registration & Information:

Contact: [larry@mtstream.org](mailto:larry@mtstream.org)

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

