

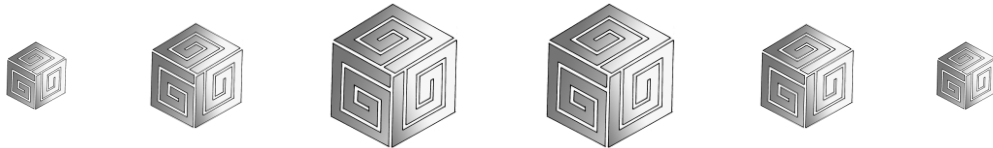
Insight Meditation South Bay

Presents

Cultivating Loving-kindness (Metta)

A Six-Week Series

with Shaila Catherine and Guest Teachers



6 Thursday Evenings

September 9, 16, 23, 30 and Oct. 7, 14 (2010)

7:00 to 9:00 pm

**Edwards Hall of St Timothy's Church
2094 Grant Road, Mountain View, 94040**

LOVING-KINDNESS is a profound quality of friendliness toward all of life. In this course we will cultivate loving-kindness through the use of guided meditations, structured reflections, and work directly with anything that seems to obstruct the natural flow of our good will. This ancient systematic practice called metta meditation cultivates a heartfelt wish that all beings be happy, beginning with ourselves and gradually expanding the field of loving-kindness to embrace those we love, and those who are difficult to love, until this caring radiates to all beings without exception. Loving-kindness is a wonderful practice that heals the heart, meets the pains of life with sensitivity, and strengthens inner serenity that is essential for concentration. This course is offered as a six week series, with progressive lessons and sequential instruction. Shaila Catherine will guide the series, with special guest teachers on September 30 and October 14.

SHAILA CATHERINE has been practicing meditation since 1980, with seven years of accumulated silent retreat experience. She has taught since 1996 in the USA, India, Israel, England, and New Zealand. Shaila has dedicated several years to studying with masters in India, Nepal and Thailand, completed a one year intensive meditation retreat with the focus on concentration and jhana, and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm and Clarity*, (Wisdom Publications, 2008). She has extensive experience with the practice of metta, including 7 months exploring metta as the meditation subject in retreats. Shaila Catherine is the founder of Insight Meditation South Bay, the Buddhist Meditation Center of Silicon Valley.

No registration required, however the intention to attend the entire series is strongly encouraged as the instructions are cumulative and offered sequentially.

Everyone is welcome. Chairs are provided. Bring a cushion if you prefer to sit on the floor.

For more information contact: sit@imsb.org or (408) 288-6322.

Donations are gratefully accepted to support the teachers and organizational expenses.

www.imsb.org