

Compassion, Love and Joy
Dedicated Practitioner Group
9 Weeks, Tuesdays 7-9PM, Jan 9 through March 13, 2018
(off on Feb 20)

Forgiveness, Lovingkindness, Compassion,
Joy, Gratitude and Equanimity

What: This series will be a practical exploration of the ways of using meditation to create positive and meaningful change in how we feel and act. Enhancing positive feelings and qualities is essential, and as they already exist within us, experiencing them fully is possible even when it seems otherwise.

Why: The group will strengthen and deepen your practice, both on the cushion and in day-to-day life, as you learn and discover more about yourself and the Dharma. This will be a powerful experience of personal healing and growth, increasing happiness and wellbeing. Being part of a supportive and close-knit group, learning and practicing together, is powerful medicine for increasing satisfaction and reducing suffering. We will take a direct, interactive and practical approach towards deepening all three jewels; Buddha (awakening), Dharma (the path) and Sangha (the group and wider community).

When: The group meets weekly on Tuesdays from January 9 through March 13, in east Boulder, from 7-9PM, with a break on Feb 20. There will be a day-long as well on Sunday February 11. Private practice discussions with Johann are also included.

Meetings are informal, dynamic and participatory, and include formal practice, talks, discussion, sharing, and exercises.

Requirements: The only fixed prerequisite is sincerity: though some participants may have a fair amount of practice experience, we will start with the basics, and beginners are welcome. Daily practice is important, and support and encouragement will be offered to those that find it difficult to maintain.

Structured Donation/Dana: This group is offered on a donation or Dana (generosity) basis. This is so anyone can attend regardless of financial means, and everyone is totally welcome regardless of Dana amount. I am grateful for and rely on your generosity and support. If you would like a guideline, a suggested amount is \$325 for all of the weekly meetings, the daylong, and

one-on-one meeting, but that is not a requirement or a limit, and whatever you choose to give is received with gratitude.

Unless arranged otherwise, \$100 is due with your application as a non-refundable deposit, and the remainder is due at the first meeting.

Next Steps: Please contact me if you would like to learn more, or if you have any questions about your participation. An intuition of readiness or a sense of calling is far more important than any feelings of fear or inadequacy you may have. If you are interested an application is below. If we have never met and you want to meet before joining, I am happy to talk with you by phone or in person; just let me know.

THE APPLICATION FORM IS BELOW

Winter Dedicated Group Application

Name: _____ Phone: _____

I currently sit an average of about ____ times per week for about ____ minutes each time.

I have done about _____ days of silent meditation retreats (if a lot, just guess).

How important would you say meditation practice is in your life?

I want to join this group because:

My hesitation or fear in joining is:

I am willing to commit to regular daily practice (any length of time) and making participation in this group a priority in my life:

The greatest source of difficulty in my life is:

The greatest source of joy in my life is:

Anything else you want to say?

My Dana pledge for the group is \$_____. \$100 of that is enclosed to confirm my registration. The remainder of Monday Group pledge is due at the first group. Please mail this form and a check payable to Johann Robbins to 1466 Meadow Lark Dr, Boulder, CO 80303.

You can also email the completed form to johannrobbins@comcast.net. Participation is at the discretion of the teacher. The deposit is nonrefundable once you are accepted, and will be refunded if not.

Signature: _____ Date: _____