



Accessing Our Best Inner Resources for Service and Social Action: Meditations of Natural Wisdom and Compassion

Saturday, November 14, 2009

First Churches
129 Main Street (at the corner
of Center Street)
Northampton, MA 01060
www.firstchurches.org

10 am to 5 pm
Registration: 9:30-10:00

\$75; students free with ID
Scholarships available

To register:

[www.contemplativemind.org/
programs/socialjustice/register-
Makransky.html](http://www.contemplativemind.org/programs/socialjustice/register-Makransky.html)

Directions and map of parking
options:

[www.northamptonma.gov/about-
Northampton/City_Hall_Directions_
and_Hours](http://www.northamptonma.gov/about-Northampton/City_Hall_Directions_and_Hours)

*We recommend parking in the long-
term parking garage, shown near the
center of the parking map.*

Questions:

Jane Vecchio
413-552-2414



Foundation for Active Compassion
www.foundationforactivecompassion.org



Taught by John Makransky; Assisted by Julie Forsythe and Leah Weiss Ekstrom

This day-long workshop is for people who serve and care for others, whether professionally, at home or in their community, and who want to revitalize their spiritual lives in action.

Our work can be so challenging that we get overwhelmed or burned out, losing our motivation and compassionate connection to others, experiencing more frustration and anger than joy. In this workshop participants will be guided in powerful meditations of compassionate communion and presence adapted from the Tibetan Buddhist tradition in newly accessible ways for people of all

backgrounds and faiths.

These meditations help the mind relax into its most natural state of tranquility, openness and simplicity, a place of deep rest and replenishment, where we can be more fully present and attuned to self and others. The workshop provides guided meditation, lively discussion and instruction on bringing the practice home into relationships, service and social action.

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John Makransky is the founding guiding meditation teacher of the Foundation for Active Compassion, which provides meditation workshops and retreats in Buddhist and secular settings. He is an Associate Professor of Buddhism and Comparative Theology at Boston College, senior faculty advisor and lecturer for the Centre for Buddhist Studies in Nepal, affiliated with Kathmandu University and Rangjung Yeshe Institute, and is active in the American Academy of Religion. In 2000 he was installed as a lama in the lineage of the Tibetan master Nyoshul Khen Rinpoche and Lama Surya Das. John was previously a teacher with Lama Surya Das for Dzogchen Center's meditation retreats across the U.S., where he became known for guiding participants in their discovery of innate wisdom and love. His most recent book is *Awakening Through Love: Unveiling Your Deepest Goodness*.

Co-sponsored with **The Center for Contemplative Mind in Society**
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