

Meditation Opportunity



Be Still and Know - The Tao of Meditation **Wednesday Morning Drop-In Gathering, 10:30 - Noon** at Thiensville Health Alliance *with Ron Moor*

In every sacred tradition, silence, stillness and attentive presence are keys to living a more balanced, harmonious and healthful life. Join Ron in a weekly meditation gathering based on the 81 brief, enigmatic sayings of the 2,500 year old Chinese wisdom tradition known as The Tao Te Ching. With uncommon elegance, it crystallizes the teachings of Taoist philosophy on such perennial matters as power, happiness, and the source of meaning in human life. Every generation of admirers has felt, and continues to feel, a prescience in these ancient teachings so astonishing that they appear to have been written for their own time.

Author Ursula K. Le Guin, who studied The Tao all her life, has said: "It is the most lovable of all the great religious texts, funny, keen, kind, modest, indestructibly outrageous, and inexhaustibly refreshing. Of all the deep springs, this is the purest water. To me, it is also the deepest spring."

Each week we will begin with a brief check-in, read two different translations of the verse for the week, share in an open discussion of the texts as they might apply in our life, and then bring these ancient words of wisdom into a 30 minute silent meditation. Part of the discussion is about how to deepen our individual practice. Ron began meditating almost 40 years ago and will serve as guide and facilitator.

To receive, at no charge, ***Your Weekly Tao*** email with a version of the verse to be studied that week, contact Ron at ronemoor@gmail.com

**Drop in when you can, no registration required, fee scale \$10 - 20, your choice.
Wednesday mornings 10:30 - noon at Thiensville Health Alliance, Community Room
136 N. Main Street, Thiensville.**