

Living Dharma: Working with Difficult Emotions



4-Week Course with Michael Grady

Tuesdays, September 16 - October 7
7-8:15pm ET
via Zoom

Suggested donation: \$40-90 registration
+ teacher donation (we encourage you to
consider giving teacher dana equal to or
greater than what you gave for registration)*

What makes difficult emotions so difficult?

Within the framework of Insight practice and inquiry, **we will explore this question and the very real potential for transforming our relationship to specific emotions – such as fear, anxiety, self-judgement, anger, or shame – which can generate so much suffering when we attach to or identify with them.** We will examine and practice ways to cultivate a more skillful, compassionate attitude in working with difficult emotions when they arise in our daily life, while abandoning unskillful habitual patterns of relating to these challenging emotions.

The format of this class includes sitting meditation, short dharma talks, and ample time for sharing. Each week we will take up various home practices related to applying the practice in everyday life. **All meditators are welcome.**

*Everyone is welcome at all of our offerings, regardless of ability to donate.



Insight Meditation Community of Western Massachusetts
Eastworks, 116 Pleasant St #242, Easthampton MA
insightwma.org/offerings
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