

Living Dharma

Working with Difficult Emotions



a course with **Michael Grady**

5 Tuesdays: September 19,
26, October 3, 10, and 17
7-8:15pm ET via Zoom

Suggested donation: \$50-110
registration + teacher donation*

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 that can generate so much suffering when we attach to or identify with them.

Michael Grady began practicing Insight Meditation with Joseph Goldstein and Sharon Salzberg in 1974 when they first returned from Asia. He has also been a student of the late Chan master Sheng Yen who taught the practice of Silent Illumination - a practice which emphasizes relaxing the body and mind while practicing awareness without expectations or an agenda. Michael is a Core teacher at IMS in Barre, MA and was a Guiding Teacher at the Cambridge Insight Meditation Center for more than 20 years.

Read more and register on our website:

www.insightwma.org/offerings.html

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