



Wise Attitude: Nurturing Ease While Facilitating This Path of Awakening

Half-day Retreat with **Michael Grady**

**Saturday, June 3; 10:00am-1:00pm ET - in-person/hybrid
at IWM in Eastworks; vaccination required & masks optional**

Suggested donation: \$15-30 registration + teacher donation (we encourage you to consider giving teacher dana equal to or greater than what you gave for registration)*

Description: The Buddha taught that liberation from suffering comes through developing the capacity through meditation to “see things as they are”. A teaching so brilliant and simple. But dharma practitioners know that simple doesn’t necessarily translate to easy. This half day retreat will begin to explore the crucial role that the attitudes that we bring into meditation practice deeply influence the unfolding of our dharma path.

Cultivating Wise Attitude supports Wise Effort and discovering greater ease, while deepening this investigative process into understanding the nature of suffering and the path to freedom. Practicing unwise attitudes can cause seemingly endless confusion, tension, and reinforce habitual conditioning that can undermine our aspirations and efforts along this challenging path of awakening.

The format of this half day retreat will include sitting meditation, short dharma talks and space for discussion and mutual exploration. Open to all meditators.

*Everyone is welcome at all of our offerings, regardless of ability to donate.
For more information, please visit our website:
www.insightwma.org/offering.

Insight Meditation Community of Western Massachusetts
(formerly known as InsightPV)

