

Meeting the Heavenly Messengers of Aging, Illness, and Death With a Heart That Is Free



Local Teacher Panel

With Adi Bemak, Jean Esther and Michael Grady

Wednesday June 11, 7-8:45pm

In person/hybrid at IWM

Please join these three long-term meditation teachers for a Panel Discussion on the Buddha's Teachings related to the universal human experiences of aging, illness and death. Is it possible to meet them with a wise and compassionate mind and heart? How did the Buddha advise his students on this?

Similar to our regular Wednesday evening structure, we will meditate together followed by a short dharma reflection from each teacher. Participants will then be invited to share their own experiences of spiritual practice with any of these topics. To support this opportunity for community sharing, we will be extending the evening program to 8:45pm.

We very much look forward to this time together in beloved sangha community.
Adi, Michael and Jean



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