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SAT

Softening the Hard Edges of Difficult Emotions

RUTH KING

Saturday, November 18, 9:30 am - 4:30 pm

In today's climate of inflamed divisiveness, many of us are asking: How do I work with my thoughts, fears and beliefs in ways that nurture the dignity of all life? How do I comfort my own raging heart in a sea of ignorance, distress and violence? How can my actions reflect the world I want to live in and leave to future generations? In this daylong retreat, we will investigate our conditioning and explore the cycle of misperception. Through this inquiry we will be able to drop below the turbulence of distress to discover what we have forgotten that must be remembered.

RUTH KING is a guiding teacher at Insight Meditation Community of Washington, a core teacher in Spirit Rock's Dedicated Practitioner Program, and founder of Mindful Members Insight Meditation Community in Charlotte, NC. Ruth is a life coach and consultant, and the author of Healing Rage.

Register at spiritrock.org



Spirit Rock
An Insight Meditation Center

Spirit Rock Meditation Center, 5000 Sir Francis Drake Blvd., PO Box 169, Woodacre, CA 94973 | 415-488-0164

