



Loving Kindness Meditation with **Susan van Asselt**

Loving Kindness Meditation is an ancient practice, which takes many different forms and is one of the most popular practices in the West today. When practicing Loving Kindness, on a regular basis, anger takes a back seat in your life and you experience more Compassion and Love for both yourself and others. You begin to discover how Compassion manifests to benefit many. Join Susan van Asselt to explore and investigate how the practice of Loving Kindness naturally unfolds into the radiance of the Clear Light Nature of Mind.

Tuesdays at noon in Trail, BC
or
Thursday Evenings, 7:30 PM in Rossland, BC

For more information please phone Susan at 250-921-4463

Susan has studied the Dharma and practiced meditation since 2003 with her teacher, Lama Mark Webber. She holds a Master's Degree in Applied Behavioural Science and brings her rich experiences working with people to her teachings of the Dharma. She has had the rare and precious opportunity to be in retreat many times, sometimes for months at a time, studying and practicing all of the bodies of work of the Dharma that she has received. Susan has been authorized to teach by Lama Mark Webber.



There is no fee to attend this class; rather a Dana bowl is available for those who would like to practice generosity to support the teachings of the Dharma. Dana is a Buddhist teaching about giving and receiving, about generosity and thankfulness, and the interdependence of all beings. It is not a tip or gratuity. It is left up to the participants to assess their own circumstances and to give accordingly, as generously as possible. The Dana is placed in an envelope and then in the bowl anonymously. No one is ever turned away because of lack of funds.