

Metta (Lovingkindness) Meditation Class

with Linda McDonald

January 12, 19, 26, February 2, and 9, Mondays, 7:00 pm to 9:15 pm
Crossreach Centre, 3348 West Broadway, Vancouver

Metta Meditation is a simple and direct practice that begins to open the heart to oneself, to others, and to all of life. Metta was taught by the Buddha as a method to develop tranquility and concentration, as a way to work with anger and fear, and as a means to experience the interrelatedness of life.

Each class will include a teaching talk, guided meditation practice, a question and answer period, and a daily life assignment. Between classes, telephone coaching will be available with the teacher. The class is suitable for both beginning and seasoned meditators. Teaching will include the fundamentals of Metta meditation, highlighted with the following themes:

- Class 1: Fundamentals & Seeing our Goodness through the Kindness Mirror of the Benefactor
- Class 2: Expanding the Circles of Kindness
- Class 3: Learning to work with Metta Hindrances and Dissolving our Conditioned Barriers
- Class 4: Metta as Concentration Practice
- Class 5: Metta as Parami Practice

Linda McDonald began practicing Vipassana and Metta meditation in 1987. Prior to formal meditation practice, her spiritual journey included Christian mysticism, Native American spirituality, and contemplative self-inquiry practices. She has worked as a psychotherapist for twenty-nine years and is also the Executive Director of Westcoast Dharma Society. She is a graduate of the Insight Meditation Society teacher-training program and she has been teaching meditation since 2001.

Cost \$55 (plus dana). The registration fee covers class organizing costs of Westcoast Dharma Society and Vipassana Metta Vancouver, including the facility rental. Voluntary donations (dana) for the teachings may be given at the classes. Dana (generosity) is intrinsic to the 2,500-year-old tradition of Buddha Dharma. From the days of the Buddha, the teachings have been considered priceless and thus offered freely. Today, teacher support continues to come from students' voluntary contributions (dana).

Registration is available online at www.westcoastdharma.org/resources/classes.htm with payment by credit card; or by mail, with this form and a cheque. Cancellations: The registration fee will be refunded (less \$10) on or before January 5. The registration fee will NOT be refunded after January 5th. Information: contact Linda at 604.731.5439 or Linda@westcoastdharma.org or visit www.vipassanamettavancouver.org. Pre-registration is necessary due to limited space. Co-sponsored by WDS and Vipassana Metta Vancouver.

Mail this form with the \$55 registration fee to: Westcoast Dharma Society, #2 - 2224 Larch Street, Vancouver, BC, V6K 3P7 (Cheques payable to "Westcoast Dharma Society").

Name _____ Tel (home) _____
Address _____ Tel (work) _____
City _____ Postal Code _____
E-Mail _____ (Please PRINT mindfully)

Assumption of Risk and Release. Please read carefully before signing.

I assume all risk of damage or injury that may occur to me while practicing meditation at the Metta meditation class and while moving about the facility at which the class is held. In consideration of being accepted as a participant for this meditation class, I release and discharge the Westcoast Dharma Society, Vipassana Metta Vancouver, and Linda McDonald from all claims resulting from my participation in the meditation class.

I have read and understand this assumption of risk and release on _____ (date) _____ (signature).