Buddhism begins with a set of observations about our life and our experiences. The first observation is that in life we experience stress, suffering, uncertainties, and doubts. Many of the problems, obstacles, and stressors we experience are magnified by our reactions to them. Buddhism encourages the cultivation of the Four Immeasurable Minds both as antidotes to these less desirable states and as a doorway to the development of wisdom. The Four Immeasurable Minds are: loving-kindness, compassion, empathetic joy, and equanimity. This four-part meditation seminar will introduce the practice of these states of mind in the form of guided meditations. Participants will also be instructed on the basics of meditation to support new or existing meditation practices.

Monday, October 13, 2015, 12:30-1:30pm, Happenings, 1st floor of UCEN
Tuesday, October 14, 2015, 2:30-3:30pm, Room 11 in the Recreation Center
Monday, October 20, 2015, 12:30-1:30pm, Michigan Room D, 1st floor of UCEN
Tuesday, October 21, 2015, 2:30-3:30pm, Room 11 in the Recreation Center

*These are stand alone meditation sessions

For questions please contact Lacey Faulkner
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