

All Souls meditation classes—January through June 2008—teachers and talks

January 6 – **Hugh Byrne: *Overview of Buddha’s teachings***

January 13 (2nd Sun—potluck facilitated by Nathan Bynum) – **Trudy Mitchell-Gilkey**

January 20 – **Hugh B: *Taking refuge in truth***

January 27 (4th Sun—deepening practice) – **Klia Bassing and Ken Yamaguchi-Clark: *Meditation as a Creative Muse***

February 3 – **Klia B: *Attitude toward inner experience: “This shouldn’t be happening” vs. “There’s nothing wrong”***

February 10 (2nd Sun—potluck) – **Hugh B: *The jewel of sangha/community***

February 17 – **Klia B: *The jewel of the Buddha within***

February 24 (4th Sun—deepening practice) – **Vicki Goodman and Ken Y-C**

March 2 – **Hugh B: *Mindfulness of the body—embodied awareness***

March 9 – **Hugh B: *Mindfulness of feelings—the good, the bad and the ugly***

March 16 – **Hugh B: *Mindfulness of emotions—working with difficult mind states***

March 23 – (4th Sun—deepening practice) – **Vicki G and Ken Y-C**

March 30 – **Hugh B: *Mindfulness through the prism of the Dharma***

April 6 – **Klia B: *What is “Dharma”?***

April 13 (2nd Sun—potluck) – **Klia B: *Supporting our own and others’ personal meditation practice (including a chance to find a meditation “buddy”)***

April 20 – **Hugh B: *Engaged Dharma: Responding to the suffering of our world***

April 27 – (4th Sun—deepening practice) – **Vicki G and Ken Y-C**

May 4 – **Klia B: *Forgiving ourselves & The fears that keep us from doing so***

May 11 (2nd Sun—potluck) – **Hugh B: *Loving-kindness: The expression of an awakened heart***

May 18 – **Klia B: *Forgiving others & The conditions that allow us to do so***

May 25 – (4th Sun—deepening practice) – **Vicki G and Ken Y-C**

June 1 – **Hugh B: *The Seven factors of awakening—Cultivating investigation, energy and joy***

June 8 (2nd Sun) – **Klia B: *Mindful Eating (potluck will begin with 10 minutes of silent eating meditation)***

Jun 15 – **Hugh B: *The Seven factors of awakening—Cultivating concentration, tranquility and equanimity***

Jun 22 – (4th Sun—deepening practice) – **Vicki G and Ken Y-C**

Jun 29 – **Hugh B: *Ethics and morality in the Buddha’s teachings***