



THE INSIGHT MEDITATION COMMUNITY OF WASHINGTON

Adams Morgan Morning Meditation

Tuesdays – Fridays

8:00 – 8:30 am

Studio Serenity

2469 18th Street, NW

WDC 20009

In Cultivating the Mind of Love, Thich Nhat Hanh writes:

“If you have a supportive Sangha [spiritual community], it is easy to nourish your bodhichitta [awakened mind]. If you do not have anyone who understands you, who encourages you in the practice of the living Dharma, your desire to practice may wither. Your Sangha – family, friends, and co-practitioners – is the soil, and you are the seed. No matter how vigorous the seed is, if the soil does not provide nourishment, your seed will die. A good Sangha is crucial for practice. “

The aspiration of our morning meditations is to supporting each other's practice and awakening to our natural wisdom and compassion and a sense of belonging and community within our neighborhood, to the greater IMCW Sangha, and to the world.

Our morning meditations are silent and not guided. If you have not practiced meditation before and would like instruction, please visit the IMCW website www.imcw.org for information on classes in the DC metro area.

For more information, please contact La Sarmiento at la_sarmiento@yahoo.com or 202.462.6792.

Studio Serenity has generously offered us their beautiful space to practice. Donations to the studio are collected at the end of each sit.

Hope you can join us!

Metta

www.imcw.org