

UUCA Thursday Night Meditation: Topics for Spring of 2008

Date	Topic	Jonathan
Feb 14, 2008	Body as the Gateway (First Foundation)	Jonathan
Feb 18, 2008	Reactions and Actions (2nd and 3rd Foundation)	Stig
Feb 28, 2008	Investigating the Mind (4th Foundation)	Jonathan
Mar 6, 2008	Working with Hindrances I: Doorways to Freedom	Stig
Mar 13, 2008	Working with Hindrances II: Working with RAIN	Jonathan
Mar 20, 2008	Living the Practice off the Cushion	Jonathan
Mar 27, 2008	Concentration and Insight	Jonathan
Apr 3, 2008	The Power of Investigation	Stig
Apr 10, 2008	Working with Fear	Stig
Apr 17, 2008	Working with Pain	Jonathan
Apr 24, 2008	Working with Desire	Stig
May 1, 2008	Doing and Non-Doing	Jonathan
May 8, 2008	The Nature of Impermanence	Stig
May 15, 2008	The Nature of Suffering	Jonathan
May 22, 2008	The Nature of No-Self: Emptiness vs Fullness	Stig
May 29, 2008	The Nature of No-Self: The Strategy of Inquiry	Jonathan
Jun 5, 2008	The Path of the Bodhisattva	Stig
Jun 12, 2008	Cultivating Faith	Jonathan
Jun 19, 2008	Intentionality and Freedom	Stig

