

Mindfulness and Healing the Heart of Democracy

MMTCP Alumni Association invites you to a special meeting hosted by RISE



Refuge and Inspiration Sangha for Teachers/Educators

Sunday, September 7, 2025

9:00-10:30am PT; Noon-1:30pm ET, etc.

Link: <https://us02web.zoom.us/j/6770705919>

Based on the work of Parker Palmer and other dharma sources, we explore ways how mindfulness may serve to keep our experiment of democracy alive—within our own hearts and the communities in which we partner and serve.

We will attend to both the Inner and Outer Games:

- How we, as citizens, teachers, leaders stay hopeful, resourced, inspired and engaged
- How we create spaces to facilitate others in cultivating Habits of Heart in order to foster a more mindful, compassionate, thoughtful community and world
- How we remain faithful in ways that takes us closer to truth; to the call of courage that summons us to be witness to the common good, even against great odds



“Many of us have a shared experience of heartbreak about the condition of our culture and society, A yearning for something better than divisiveness, toxicity, passivity, and powerlessness. In us is the courage to pursue that yearning, to hold life’s tensions consciously, until they break us open. This shared heartbreak builds a footbridge of mutual understanding on which we walk toward each other.

*The broken-open heart is a source of power as well as compassion—
the power to bring down whatever diminishes us and raise up whatever serves us well.”*

-Parker Palmer