

July 30th - Post for *Previous* - July - Session!

Dear Yogis,

- The past month has passed very quickly for me. I feel pulled towards a deep, long sit. I hope to dive more deeply into the effect of Meditation on the brain and will briefly share what I have recently learned about ongoing, ground-breaking, mind-body research by facilities near my primary home in Wayland, MA. I refer to Harvard Medical School and MGH.

- I will review highlights of “The 5 Invitations”, zen-Buddhist insights about which a gifted mentor, Frank Ostaseski, has written a wonderful book. It touches on the 4 Divine Abodes via provocative invitations and queries.

- I encourage you to keep and to please bring a **journal** and a **smoothly writing pen** (*not a pencil*), for a brief, writing exercise. When the mind-hand-body connect spontaneously, without any judgement or editing, epiphanies are possible. This is a form of “Write Yourself Free”, taught by Julia Fehrenbacher, my gifted, writing mentor, author, poet and meditator.

Below is the Zoom link. **RSVP via the Sangha Event page** (re: July 30th). I look forward to seeing you very soon! Stay hydrated, healthy and hopeful.

Wishes for wellbeing & embodying peace,



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