

## Cultivating an Equanimous and Courageous Heart:

New Fall series of RISE meetings

(Refuge and Inspiration Sangha for teachers and Educators)

Dear RISE Friends:

Hope your summer has been (and continues to be) restful, rejuvenating and fun!

Please join us for a new fall series in which we will draw upon practices from Tara Brach's latest Courageous Heart Workbook as well as other wisdom/compassion teachers/traditions.

We will explore ways to strengthen our "inner architecture of equanimity to stay awake, stay human, and choose life-affirming ways to respond in our world." Monthly topics/themes include:

- ◇ Embracing your Inner Life,
- ◇ Loving without Holding Back,
- ◇ Widening Circles of Compassion, and
- ◇ Nourishing the Soul.

These sessions provide an opportunity to practice, reflect and share together in beloved community, and to treat yourself to a touch stone each month for some Refuge and Inspiration in a Sangha with like- heart/minded fellow teachers and Educators (RISE).

### Logistics

1<sup>st</sup> Wednesday of the Month 4:00pm PT/7:00pm ET (9/2, 10/7, 11/4, 12/ 9 (2<sup>nd</sup> Wed/month).

\* Calendar invites forthcoming. By accepting these invites, dates/ links will be set on your calendar!

\* Tara Brach's Courageous Heart Workbook (not required, though you may enjoy reading in advance)...



We hope to see you this fall...

--Alan and Ranjeeta

Alan Vann Gardner [avanngardner@gmail.com](mailto:avanngardner@gmail.com); Ranjeeta Basu [rbasu@csusm.edu](mailto:rbasu@csusm.edu)