

# *Mind of Love Mini-Retreat:*

Peace is the Way

Saturday, December 9th

10:00 - noon

at Radiant Living 6051 N. Brookline, #127



In this *Mini-Retreat* we'll gather to practice mindful breathing, walking, eating and art-making to **support our capacity for holding inner peacefulness throughout the busy holiday season and for sending peace to our world.** This wholehearted, aware, and centered action is ours to give in simple daily ways when we relate to family, friends and anyone we meet.

*“The world needs joyous and loving people who are capable of just being. If you know the art of being peace, then you have the basis for every action. You can be in such a way that peace is the quality you share. Have confidence in yourself. You have the capacity to cultivate this. There is no limit to the gift of peace YOU can give.”*  
- Zen master Thich Nhat Hanh

The aim of **Mind of Love (Bodhichitta)** is to help us uncover thoughts so consistently loving that our view of self, others, and the world is transformed. Our actions (and general happiness!) follow naturally.

Think of this as YOUR sanctuary time. Come ready to rest, enjoy and learn practices to nurture your awareness day by day!

**Donations accepted (suggestion \$20) Limit 14 persons so please register early**

You can pre-register by emailing Pat at [silencefoundation@cox.net](mailto:silencefoundation@cox.net)

OR

Use PayPal on the site [www.silencefoundation.org](http://www.silencefoundation.org)

**Questions? Call Pat 405-209-7117**

**Pat Webb** is a mindfulness trainer and Oklahoma poet. In 1997 she left her home and career to go “into the Silence” and renew her life’s purpose. Since then, Pat has conducted hundreds of Silence Workshops throughout the U.S., Mexico, and Canada. In 2004, she co-founded Prairie Wind Sangha (a meditation group in OKC). Pat has taught meditation, journaling and mindfulness to groups and individuals for over a decade. She directs **The Silence Foundation**, a non-profit organization.