

Mind of Love

Mini-Retreat:

Mindfulness As Sacred Practice

Saturday, November 18th

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 wholehearted, aware, and centered action in the world. This includes the simple daily actions of living in this world, relating to family and friends, and making a difference.

“Mindfulness is the first factor of awakening. And because our attention can be trained, we can always deepen and enhance our true presence by learning how to focus and how to choose what to focus upon. The miracle of mindfulness creates a world that is more vivid. It also helps us live more inclusively, more courageously, more kindly, more vibrantly. The world needs this now more than ever.”

- Larry Ward, dharma teacher

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 16 persons so please register early

You can pre-register by emailing Pat at silencefoundation@cox.net

OR

Use PayPal on the site 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.