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the MOMENT IS NOW

NEWS FROM THE CENTER FOR COURAGEOUS LIVING



The Stupa

Shambhala Mountain Center is rich with natural beauty and stunning art such as that found inside the Great Stupa.

Stupas are said to promote harmony, prosperity, longevity, good health, peace, and freedom from ignorance.

They subdue fear, corruption, and pollution, and bring blessings to the environment in which they are built, to those who build them, and to those who visit.

If you have done an MBSR retreat at SMC you know the power of this magnificent structure. It is said to waken the heart and liberate the mind upon seeing.

✕ MBSR RETREAT ✕

In the words of a participant in Jon Kabat-Zinn's 6-day retreat:

The retreat brought about one simple change. Before the retreat, I was totally enamored with mindfulness, but I didn't practice mindfulness. After the retreat I actually started meditating every day.

Please join me for a 5-day MBSR Retreat at Shambhala Mountain Center, ~ July 26-31 ~ For more info: [SMC](#)

MOUNTAINS AND TREES

Mountain Meditation

We sit in stillness like mountains. The seasons change, the weather changes, people come and go, but the mountain remains unchanged. Storms swirl around the mountain, but the mountain is always grounded, always rooted in the earth, always still. The mountain shows us that we can be stable and balanced in the face of the emotional storms in our own minds and bodies.



Tree Meditation

Visualize or take a walk in the forest, working with all senses - smell, hearing, taste, touch and sight. Now imagine you are a tree. Send your roots down deep into the earth, sending them to meet water. From the crown of your head send branches into the sky, up to meet sunlight. Feel the breeze through the branches. Draw the water and earth energy from roots into trunk. Draw the sky energy from leaves into trunk. Feel your heart as conduit for these natural energies. Radiate this energy outward. Now, sense the presence of other trees. Remember your connection to earth, sky, water, and all other beings.

Upcoming Classes & Retreats

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MBSR Foundation Courses beginning in Fall, 2011
Denver, Boulder, and Longmont.