
The Moment is Now

A newsletter from The Center for Courageous Living

Good and evil have no self-nature.

Holy and unholy are empty names.

In front of the door is the land of stillness and light.

Spring comes, the grass grows by itself.

written by Master Seung Sahn, early Zen teacher of Jon Kabat-Zinn

“Those events and people in our lives who trigger our unresolved issues could be regarded as good news. We don’t have to go hunting for anything. We don’t need to try to create situations in which we reach our limit. They occur all by themselves, with clockwork regularity. Most of us do not take these situations as teachings. We automatically hate them. We run like crazy. We use all kinds of ways to escape—all addictions stem from this moment when we meet our edge and we just can’t stand it. Meditation is an invitation to notice when we reach our limit and to not get carried away by hope and fear. Through meditation, we’re able to see clearly what’s going on with our thoughts and emotions, and we can also let them go.”

from *When Things Fall Apart* by Pema Chodron

Upcoming Programs & Retreats

Calm Mind, Open Heart: meditation and the four immeasurables

The mind which is stable, calm, and clear has innate qualities which naturally shine forth. These immeasurable qualities - loving kindness, compassion, joy, and equanimity - are what allows us to experience the best of human life, an open heart. In this workshop you will learn or deepen your understanding of the practice of mindfulness meditation through teachings and direct experience of sitting meditation practice. Following the exploration of “calm mind” will be a presentation of The Four Immeasurables with guided contemplative practice that cultivates these qualities of the “open heart” which are described in the Yoga Sutras of Patanjali as well as the Buddhist tradition.

Longmont, CO dates (*separate workshops, not a series*):

Saturday, May 14, 1 - 4 p.m. at The Meditation Place

EMAIL REGISTRATION: [CALM MIND](#)

Saturday, June 4th, 9:30 a.m. - 1:30 p.m., Solar Yoga in Prospect New Town

REGISTRATION: [SOLAR YOGA](#)

Saturday, July 2nd, 9:30 a.m. - 1:30 p.m., Solar Yoga in Prospect New Town

REGISTRATION: [SOLAR YOGA](#)

Introduction to Mindfulness-Based Stress Reduction & Cranio-Sacral Self-Care (with Tuula Fai)

Saturday, July 16, 2011, 1 - 5 p.m.

A Living Arts Centre, 2231 South Platte River Drive, Denver, CO 80223

\$50 per individual or \$90 per couple

MBSR 5-day Summer Intensive

July 27 - 31, 2011

Shambhala Mountain Center

[SMC Intensive](#)

Mindfulness Mentoring via Skype

If you would like to discuss your mindfulness practice and it’s integration into your life with Janet, please let her know. INTRODUCTORY OFFER: FIRST 30 MINUTES, \$25 janet@thecenterforcourageousliving.com