

METHODS OF MEDITATION



2014: The Year for Meditation

This class will explore various vibrant methods of meditation which are beneficial for All levels, as well as those just beginning. **Goals include:**

Cost: \$10 donation per class

- Cultivating serene equanimity
- Generating loving compassion
- Harmonizing attention and awakening joy
- Sustaining mindful awareness
- Attuning inner channels for greater clarity of mind
- Deepening confidence in one's own lifelong path to inner freedom

Time:

Every 1st Wednesday of the month
First class begins January 8, 2014
7:00—8:30 PM

Location:

UCC First Congregational Church 'Kiva Room'
1126 Park Ave, Portland OR 97205
(Downtown Portland in the park blocks)
Parking is on street (free after 7 PM)

Drop-ins welcome or join every week.



Jacqueline Mandell is a Founding Teacher of Samden Ling "A Sanctuary for Meditative Contemplation." Jacqueline teaches in a simple, direct way looking to address the concerns of participants. Jacqueline was asked by Adzom Rinpoche to offer The Heart Essence of the Vast Expanse Foundational Practices known as The Longchen Nyingthig Ngndro. The Ngndro practice provides the requisite for receiving further nature of mind transmissions from Rinpoche's lineage.

Jacqueline distills her global training in Buddhism to highly essential and practical instructions. Trained in meditation centers and monasteries in Asian Buddhist countries yet living a thoroughly Western life gives participants an understandable way of learning distinct formidable ancient practices. "E He Pasico" - Come and Find Out!

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For More Information: www.samdenling.org**

