

Ginny Morgan

Santa Fe Vipassana Sangha



Ginny Morgan lives in Columbia, Missouri. She is a guiding teacher for Show Me Dharma Center <http://showmedharma.org/> and the former President of the Board of Mid America Dharma, <http://www.midamericadharm.org/> the emerging retreat center for the Midwest area. After working as a play therapist for acutely and chronically ill children for many years, she has shifted her focus to Dharma teaching, and to working exclusively for Dharma activities. She has studied with Ram Dass, Munindra-ji, Matthew Flickstein, and teachers from Insight Meditation Society and Spirit Rock Meditation Center.



The Three Characteristics of Human Experience A Committed Practice Class Wednesday Evenings

- **Impermanence (anicca)** The subtleties of impermanence through wisdom and compassion
- **May 06th** start 6:30pm (Home of Diane Block)
- **Unsatisfactoriness (dukkha)**
- **May 13th** start 6:30pm (Home of Diane Block)
- **NO--SELF (anatta)**
- **May 20th** start 6:30pm (Home of Diane Block)

Committed Practice Classes give the participant the opportunity to work quite intimately with the core teachings of the Buddha. Students are given two kinds of contemplative exercises--"On the Cushion" exercises, and "Off the Cushion" exercises. Because our practice is not just our time in formal meditation these classes help us take the teachings off the cushion and out into the events of our every day lives. During class times we will practice formally, talk with one another about our practices, and offer each other the priceless jewel of sangha. The subject for this class will be the Three Characteristics of our Human Experience. In it we will plumb the depths of our hearts and wisdom to discover ways to live the truth that already lives within each of us.



Interviews will be available by appointment, sign up on forms at MCZC or **Contact:** Coordinators Rebecca Deem or Fred Unterseher at 505 216 9765 or email: deem.unterseher@gmail.com

For more information about Santa Fe Vipassana Sangha go to www.santafevipassana.org