

# PRACTICE DISCUSSION

DECEMBER 5, 2017

Sit: 6:15 - 7:00 pm

Presentation followed by Discussion

7:00 - 8:00 pm

## Keeping our Practice Fresh: Working with Expectations

"We come to meditation from a place of deep longing to live fully and deeply,...but our ideas of what should happen in our practice put us in a battle with what is....Expectations become a smoke screen in front of what is really happening."

Jack Kornfield

**What are Dharma Discussions?** After a short presentation on an aspect of meditation practice, there'll be an opportunity to discuss that topic and to bring up any questions regarding practice you may have.

Our sangha has been around for nearly 30 years and includes many deeply experienced practitioners as well as people who are new to meditation. Let's learn from one another.