



# THE BRAHMA VIHARAS

## Finding Our True Home Within

### Talks by Mary Powell

There will also be an opportunity to practice the Brahma Viharas during 2 half day retreats March 10 and March 31. Instruction will be given for those new to this practice. The retreats will also to give those who have a Brahma Vihara practice an opportunity to deepen their practice through formal sitting. Please see other side for retreat information. See Mary's Bio at: <https://santafevipassana.org/mary-powell/>.

*March 6*

#### **Loving-Kindness (*metta*): Coming Home to the Heart**

Loving-kindness or *metta* in Pali wishes a sense of gentleness and unconditional friendliness to all beings. We focus on the good in others and wish for them the same safety and happiness that we want for ourselves. *Metta* can help to cultivate a heart with boundless good will for all beings.

*March 13*

#### **Compassion (*karuna*): Opening to Suffering**

In practicing compassion the wish for all beings to be happy opens further to include the ability to be present to the suffering of others and also to our own suffering. We start to learn that it is possible to resonate with suffering without being overwhelmed by it.

*March 20*

#### **Sympathetic Joy (*mudita*): Taking Delight in Others' Good Fortune**

*Mudita* or sympathetic joy comes after the practice of compassion and helps to alleviate any sense of heaviness in the heart. The joy and good fortune of others becomes a source and a cause of joy and happiness.

*March 27*

#### **Equanimity (*upekkha*): Being Like a Mountain in the Midst of Turmoil**

None of the Brahma Viharas can be practiced fully without an underlying sense of equanimity. We can wish for happiness, joy and freedom from suffering for others but ultimately we are not in control. Equanimity helps to bring openness and balance to our lives.

We ask you to please refrain from using scented products, so that participants with allergies, asthma or chemical sensitivities may join us.

(over for retreat information)



## BRAHMA VIHARA RETREATS

Led by Mary Powell

See bio at <https://santafevipassana.org/mary-powell/>.

### **Loving-Kindness (*metta*)**

A *metta* retreat is an opportunity to cultivate what the Dalai Lama refers to as “Our natural birthright,” that quality of unconditional friendliness and kindness toward ourselves and all beings. Instructions will be given for those new to the *metta* practice. For those with an established practice it will be an opportunity to deepen your practice. Anyone wishing to continue practicing for the whole day until 4 p.m. is welcome to continue sitting. There will be a schedule with a period of instruction, then times for sitting and walking meditation. On Tuesday March 6 there will be a dharma talk on *metta* at the regular Santa Fe Vipassana Sangha sit.

WHEN: Saturday March 10, 9 a.m. to 12 noon

WHERE: 645 Weber Street, Santa Fe, First Christian Church. Please see Santa Fe Vipassana Sangha website for directions, <https://santafevipassana.org/>

DONATION: \$10 to Santa Fe Vipassana Sangha.

### **Compassion, Sympathetic Joy and Equanimity**

Compassion teaches us to open to suffering while sympathetic joy teaches us to open to joy and equanimity helps us to hold everything with openness and balance. There will be dharma talks on the next three Brahma Viharas on March 13, 20, 27. Instructions will be given for all three practices at the retreat. Each meditator can then choose which Brahma Vihara they wish to practice during the retreat or they can continue with the *metta* practice. Anyone wishing to continue practice until 4 p.m. is welcome to do so.

WHEN: March 31, 9 a.m. to 12 noon

WHERE: 517 Camino del Monte Sol. There is some parking in front. Please do NOT park at 519 Camino del Monte Sol. Parking also available on El Caminito or at the parking lot on Canyon Rd.

DONATION: \$10 to Santa Fe Vipassana Sangha.

**NO registration necessary. JUST SHOW UP. Info email: Mary Powell [madridbook@msn.com](mailto:madridbook@msn.com).**