The Cultivation of Knowledge
On-line Dhamma sessions with Kim Allen for Albuquerque Insight Meditation Center
October 14, 21 & 28, 2021

Schedule:
Thursday, October 14 – 6:30 – 8:00 pm
Thursday, October 21 – 6:30 – 8:00 pm
Thursday, October 28 – 6:30 – 8:00 pm

Zoom link: Click here to join.

Description:
A central teaching in Buddhism is that the Buddha awoke to four “truths” about how dukkha (suffering or unsatisfactoriness) operates in the heart and can be brought to an end. These are not static truths, but rather active knowledges that evolve in certain ways. Each truth has an associated “task”: When we are asked to “understand” dukkha, that understanding begins one way, then changes as we mature in practice. The same is true for the task of “abandoning” the craving that accompanies dukkha, and the task of “realizing” the cessation of dukkha. This is what it means to “cultivate” the path to liberation.

In this class, we will explore how our understanding, abandoning, and realization develop through the course of cultivating the path to liberation. The sessions will include meditation, teachings, and small and large-group discussion.

Teacher bio:
Kim Allen has been practicing Insight meditation since 2003, and has trained intensively in the US and Asia. Trained by Gil Fronsdal, she is a teacher at Insight Santa Cruz and offers Dharma programs, sutta study, and retreats in the US and Canada. Dedicated to a life of deep Dharma practice in the West, she draws from a background in science, contemplative practices, and creativity to offer classical Dharma in a modern context.

Kim’s website is uncontrived.org. She offers a monthly email contemplation –