Moment by Moment

a 90 day journey

in the spiraling landscape of Buddhist Teachings & Practices

This winter's course - Moment by Moment: *will be an opportunity to enjoy walking meditation through some of the vistas of central Buddhist teachings and practices.*

If we look deeply at the Buddhist Dharma, we see concentric circles- at the very heart of the circles lies the ***Four Noble Truths****. All of the foundational teachings and practices spring from this source. Out of the Four Noble Truths emerge the* ***Noble Eightfold Path****, the Buddha's guidance for realizing transformation in body, speech and mind at a fundamental level. From the various steps of the Noble Eightfold Path spring a multitude of sutras, practices and commentaries.*

During this course, we will enjoy ***sharings*** *on each of the Truths and the steps of the path; we will be offered* ***concrete practices*** *to apply at home and we will have* ***suggested readings and reflections****, as appropriate. These will be available on the Deer Park Monastery website.*

The ***three month*** *winter retreat is a time of* ***focused attention and deep looking****. It is also a time of* ***simplifying, of settling****... a time of recognizing how we use our energy in our daily life. Most of all it is a time of allowing ourselves to settle- to* ***settle into our experience of the moment.***

Making the ***commitment*** *to attend this class- even knowing all of the challenges- is one way to bring that element of focused intention into our lives- even if we cannot spend ninety days in a practice center.*

When:

Sunday afternoon at 3 pm, weekly

first session: November 27, last session: February 19

Where:

in the Ocean of Peace Meditation Hall, Deer Park Monastery

or online Deer Park Dharma Cast: http://deerpark.libsyn.com/

How long:

each session will be one hour

Why:

because we like to