

Metta Bhavana

Bringing Loving Kindness into our Hearts and Minds

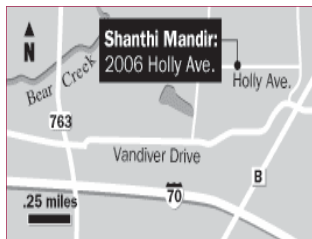
2007 Buddha Purnima Talk

**Ginny Morgan, Show Me Dharma Center
Shanthi Mandir**

10:00 a.m. - 12:00 Noon, June 2, 2007



Ginny Morgan is a guiding teacher for Show Me Dharma Center and the former President of the Board of Mid America Dharma, 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.



Directions:

Take Exit 127 on Interstate 70, Head north on Rangeline Street, Right at first traffic light on Vandiver Drive, Left on Parker Street, Right on Holly Avenue, Shanthi Mandir sign-board will be visible on the right after 5-6 homes.

In his discourse on the cultivation of *metta* or loving kindness, the Buddha described practices for systematically awakening to the places of fear, anger, and clinging in our minds. He taught us how to receive life with the boundless love that is always available. The truth is quite simple - hearts never close! It is the mind, with all of its hardened views and opinions that closes us down to the peace of living with a gracious and loving heart.

In this talk we will use the Buddha's discourse on Loving Kindness as our guide. We will go through the discourse line by line and bring these ancient and wise words into our lives in the 21st century. In this exploration together, we will discover that these gentle and yet fierce words still have the power almost 2600 years later to inspire us to a greater humanity and compassion.

The talk is free and open to the public. Light refreshments will be served after the talk

For further information please contact:
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