

The Inherent Freedom of Being: Waking Up Just as You are

A Public Talk by Andrew Palmer, Sensei
Wednesday, September 16, 2015, 6:00 p
Center for Inner Peace, 740 W. 15th St., Pueblo



Again and again, ancestors and teachers say that you already have, already are the awakening you are seeking. How come it doesn't feel that way, and how come it seems so hard to realize this? A lot of times it's the stories we tell ourselves that get in the way of this realization: stories about who we are and why that's not enough; stories about what we need to do or be and how things will be once we get there; stories about what freedom is along with stories about how to find that freedom. When we drop those stories, dismantle them and allow them to fall away, we find our inherent freedom shining brightly, naturally. Zen practice can help with that dismantling and deconstruction, uncovering the freedom that's already here.

Andrew Palmer, Sensei is a teacher in the Open Source Koan Zen tradition, founded by Joan Sutherland, Roshi. He is a holding teacher for Wet Mountain Sangha, along with Sarah Bender, Sensei, and is also the Buddhist Program Leader at the Cadet Chapel of the U.S. Air Force Academy. For more information about the Wet Mountain Sangha, other Open Source communities and our teachers, please visit www.wetmountainsangha.org

People miss what's in front of them
and go searching far from home.
It's sad,
like someone standing in water
and crying out in thirst.

-Hakuin Ekaku

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**The Wet Mountain
Sangha**

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The Wednesday Evening Service

6:00	Welcome and Introduction
6:05	Meditation
6:15	Dharma Talk
7:00	Discussion
7:10	Closing
7:30	Community Time: Tea and Conversation

