

Zen Meditation as a Way of Freedom:

In this very body, in this very place

A Public Talk by Sarah Bender, Sensei
Wednesday, November 19, 2014, 6:00 p
Center for Inner Peace, 740 W. 15th St., Pueblo



All of us suffer sometimes from the onerousness of our lives: they just won't behave. Just when we get them halfway under control, they change. Again.

Where is freedom? How can I find equanimity in this crazy ride we call a life? And how can I actually help with the daunting challenges of my time?

The Wednesday Evening Service

- 6:00 Welcome and Introduction
- 6:05 Guided Meditation (10 minutes)
- 6:15 Sarah's Dharma Talk
- 7:00 Meditation
- 7:10 Opportunity for Reactions and Questions
- 7:30 Closing, Tea and Conversation

Hosted by
**The Wet Mountain
Sangha**

Pueblo's Zen Community
Free and Open to the Public

<http://www.wetmountainsangha.org>

Zen Buddhism is a tradition, both old and current, that offers some powerful methodology: with meditation (movement to the center), we are able to reclaim our lost homeland, our Here-ness; and there lie the treasures of a clear eye, an open heart and a willing response. We are available to meet the life that meets us, moment by moment. The hawk on the wing calls to us. The wind blows through us. The light lights us, utterly.

Sarah Bender, Sensei is holding teacher for the Wet Mountain Sangha, and resident teacher for the Springs Mountain Sangha in Colorado Springs. She received authorization to teach from Joan Sutherland, Roshi and has been working with the sanghas since 2006.

