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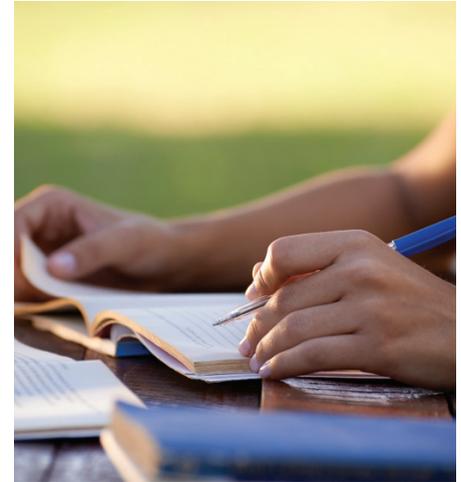
# Open to Your Creative/Spiritual Self through Meditation and Writing

SANDY BOUCHER

Saturday, September 10, 9:30 am - 4:30 pm

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Writing can illuminate our spiritual path. To explore Buddhist essentials like compassion, nonviolence, lovingkindness, skillful means, etc., in this daylong we will first consider how we understand these dimensions. And then, how do we live them? Through guided meditation we will contact these qualities in our own lives, seeing how they have played out, and explore their possibilities by writing about our experience. Sharing in small groups with the other participants can lead to further insight and enrichment, as we receive the stories of each others' lives and honor each person's struggle and joy. You don't need to be a writer or a meditator to participate. Bring your curiosity and willingness to enter deeply into the experiences of your life.



Register at: [www.spiritrock.org](http://www.spiritrock.org)



Spirit Rock  
An Insight Meditation Center

Spirit Rock Meditation Center is a non-profit 501(c)3  
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