

MEDITATION 4 AND 5

Contemplative Compassion

Cultivating a Boundless Heart through Meditation



Contemplative Compassion with Harry Pickens

Compassion is central to every major faith tradition. It is the desire we have to love ourselves more deeply and to experience a sense of connection with others. Compassion impels us to nurture an open heart, to work at alleviating human suffering, and to honor the sanctity of all beings. Meditation is a strategy for uncovering this radiant beauty in ourselves and manifesting it in the world. This course explores the methods of meditation for cultivating compassion, loving-kindness, and empathy that enable us to be agents of healing in a wounded world.

- Ten Tuesday classes: February 14, 21, 28, March 7, 14, 28, April 4, 11, 18, 25, 2017
- Time: 10:00–11:30 A.M. OR 1:00–2:30 P.M. OR 7:00–8:30 P.M.
The same class is offered morning, afternoon and evening.
- Instructor: Harry Pickens
- Course fee: \$175. However, no one will be refused for lack of funds. Some scholarships are available upon request.
- Register using this form or online at www.earthandspiritcenter.org or call 502.452.2749.

THE School OF Meditation

A Special Combined Class for All Students in Med 4 and Med 5

THREE OPTIONS

BEGINNING FEBRUARY 14, 2017

- Tuesday mornings
10:00 – 11:30 AM
- Tuesday afternoons
1:00 – 2:30 PM
- Tuesday evenings
7:00 – 8:30 PM



✂ **REGISTRATION**

Registration for February 2017 Meditation 4/Meditation 5 – Contemplative Compassion course.

Weekly Classes (check one) Tuesday morning classes Tuesday afternoon classes Tuesday evening classes

Name _____ Phone (PRIMARY) _____

Address _____ Phone (SECONDARY) _____

City/State/Zip _____

Email _____ Amount Enclosed \$ _____

Please enclose \$175 to reserve your place. Make checks payable to: Earth & Spirit Center. See our website for refund policy.
MAIL TO: Earth & Spirit Center • 1924 Newburg Road • Louisville, KY 40205 • 502.452.2749