

# “Lovingkindness in the Face of Adversity”

Dharma Talk with



*"We learn and grow and are transformed not so much by what we do but by why and how we do it." - Sharon Salzberg*

Our Capital Area Mindfulness Community (OM) again welcomes Master Spiritual teacher, **Sharon Salzberg for a Dharma Talk** which will enhance both your day-to-day life and your practice of Mindfulness. All are welcome – whether an experienced practitioner or a curious beginner – to share and learn from this gifted and caring instructor.

In this evening we will explore the power of lovingkindness when we face our own physical challenge or illness, emotional upheaval, negativity from others, or unfairness in how we are being treated. We will look at lovingkindness and compassion as strengths rather than as submissive states, and talk about joining them with discerning action, wisdom, and our often untapped capacity for resilience. The evening will consist of guided meditations, talks and time for questions and answers.

**SUNDAY, MAY 4<sup>TH</sup>, 2014 - 7-9 PM**

**Emerson Community Hall, The First Unitarian Universalist Society of Albany ,  
405 Washington Avenue, Albany, New York 12206**

Sharon Salzberg's latest work "Love your Enemies: How to Break the Anger Habit and Be a Whole Lot Happier", as well as other books and CD's will be available for purchase at the talk.

**FOR INFORMATION AND QUESTIONS - (518)339-9443**

**[solidgroundNY@gmail.com](mailto:solidgroundNY@gmail.com)**

**This event is offered free to the public - donations welcome**