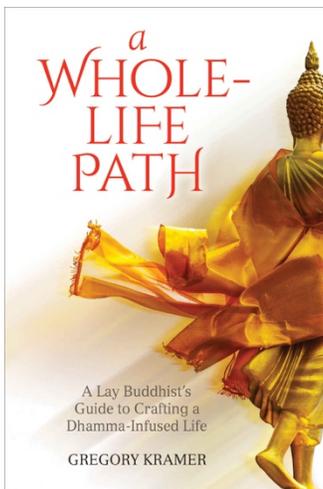




Tucson Community MEDITATION CENTER

Desert Insight Meditation invites you to join our Wednesday night study class for meditation, discussion and Dharma talks by Lhasha. This book is oriented for lay practitioners and is a Buddhist guide for creating a Dharma filled life.

A Whole-Life Path: A Lay Buddhist's Guide to Crafting a Dhamma-Infused Life **by Gregory Kramer**



This is a clear and inspiring book for living a liberating life, written by a wonderfully creative, dedicated and engaged Buddhist teacher. Buddhism is for our whole life, and this book brings Buddhism into our life. A Whole-Life Path is a compelling, practical and inspiring guide for how lay Buddhist can fully

engage in the Buddhist path. I recommend it for everyone — Gil Fronsdal, teacher of Insight meditation Center and Insight Retreat Center.

Many lay Buddhists struggle to carry the benefits of their studies and meditation practice into their twenty-first-century lives. How might our daily experience of both life and the Buddha's teachings shift if there were no separation between them? In *A Whole-Life Path*, Gregory Kramer invites us to see the noise, complexity, and challenges of today's world as doorways to fully embodied Dharma wisdom. Drawing on decades of meditation, study, and teaching, he explores the essence of each factor of the Buddha's Noble Eightfold Path. He then looks at modern life with fresh eyes, calling out the myriad opportunities it offers to put all the Buddha's teachings into practice—individually, relationally, and socially Anywhere the

Buddha's teaching meets our unique life conditions; our whole-life path is born anew. This book is a starting point and touchstone, our lives and our spiritual path can become one.

ABOUT THE DIM BOOK STUDY GROUP

This book study group is a commitment to participate in weekly meetings and readings until the book is completed.

INFORMATION

When: begins Wednesday, January 13, 2021 from 6:00 pm- 7:30pm.

Location: Zoom, a virtual class happening weekly

Fee: \$5 weekly fee for TCMC plus Dana — a Pali word meaning generosity — for the teacher \$10. Please continue to support Lhasha in continuing to offer these 2,600-year-old priceless teachings of the Buddha.

To register: This class is a commitment to participate in weekly meetings and readings until the book is completed. You can call or email Lhasha to let her know you will be joining.

Contact: Lhasha Tizer, lhasha9@gmail.com, 520-321-3670

ABOUT THE TEACHER

Lhasha Tizer, MS, has been practicing and teaching formal meditation techniques for over 43 years. She began practicing Insight Meditation 25 years ago with Spirit Rock and IMS teachers of the Insight Meditation tradition and has taught at TCMC since 2,000. She is a certified Community Dharma Leader from the Spirit Rock program and teaches for Desert Insight Meditation.