

Yen-nien Daoguan, Madison,
Heartspace, LLC
&
The Mental Health Center of Dane County, Inc.

Are pleased to sponsor a non-residential workshop with

Flint Sparks, PhD

Clear Care: Mindfulness and the Way Beyond Suffering
(description on reverse side)

Where: Community of Hope Church, Madison, WI

Dates: Thurs, March 25 - Sat., March 27 (Th, 7-9, Fri, 9:30-5:30, Sat, 9:30-12:30)

Fee: \$185 (Includes Friday lunch)

Public Talk on Wed, March 24th 7p.m. (See reverse side)

Certificate of attendance offered for 11 hours for use by counseling professionals in accordance with the regulations of their professional bodies.

***To register: fill out form below, attach check and mail to:
Heartspace, 55 Waunona Woods Ct., Madison, WI 53713***

Please register by March 10. No refunds after this date and space may not be available after this date.

Questions? Contact Suzanne 608-239-9127 or heartspace@charter.net

Name _____

Address _____

Phone _____ Email _____

I need an education certificate _____ Yes _____ No

Would you like to contribute to our scholarship fund for those in need?

Yes, I will add \$_____ to my fee, bringing the total to \$_____

Confirmations will be sent by email or mail

Clear Care: Mindfulness and the Way Beyond Suffering

The Buddha's lifetime of teaching focused on one essential question which set him on the spiritual path as a young man: Why do humans suffer and what can be done to relieve this suffering? His awakening offered a kind of diagnosis of the problem and the practices he taught were responses designed to alleviate the problem. This question of suffering is the very same question that psychotherapists and meditation teachers share today and the Buddha's teachings and practices are as relevant today as they were during his lifetime. On his deathbed the Buddha ended his teaching with a statement which offers a final encouragement to his followers to "Carry forward with *appamada*." Understanding the deep meaning and practicing the embodiment of that final word is the focus of this retreat. We will see why the Buddha likened *appamada* to the "elephant's footprint", the largest in the jungle. In fact, the elephant's footprint is so large that all the other footprints of all the other animals can fall within it. This is the breadth and depth of *appamada* – clear, diligent care – the teaching that holds all the other teachings of the Buddha. We will review essential Buddhist teachings and practices alongside contemporary psychological techniques for relieving suffering and supporting well being. We will have periods of silent sitting and walking meditation which open the way to deep reflection and mindfulness. We will also engage in interpersonal practices which support clear care.

Flint Sparks is a licensed psychologist with over 25 years experience in the practice of psychotherapy. He has post-doctoral certificates in Hakomi psychotherapy and Group Therapy. He is currently training with the Center for Self Leadership in the Internal Family Systems Model. Flint is also an ordained Zen Buddhist priest currently serving the Appamada Community in Austin, Texas. For more on Flint go to www.flintsparks.com. For more on Appamada go to www.appamada.org.

We encourage all those interested in psychological growth as well as mindfulness practices to attend.

**Public Talk
By Flint Sparks, PhD**

Waking Up and Growing Up: Maturing in Life and Practice

**Wed, March 24th, 7p.m.
James Reeb Unitarian Church
2146 E. Johnson St., Madison**

The great 20th century Zen Master Uchiyama Roshi was once asked his definition of Bodhisattva. After a brief pause, he replied in his very limited English "I think, maybe a grown up". What is this "grown up" that Uchiyama is referring to and how might this expression of the Bodhisattva assist us in maturing emotionally, relationally, and spiritually in life and practice?

Fee: Donation