

Joy

A six-week series
Cultivating Joy
with *Shaila Catherine*

Tuesdays, 7:30 pm — 9:00 pm
January 11, 18, 25
and February 1, 8, 15 2011

Edwards Hall, St Timothy's Church
2094 Grant Road
Mountain View, CA 94040



APPRECIATIVE JOY (called *mudita* in the Pali language) is the capacity to rejoice in the happiness and success of others, free from the influence of envy, boredom, possessiveness, or jealousy. Joy extends the loving kindness practice to dissolve any judgmental or competitive tendencies that may be inhibiting our natural ability to rejoice in the blessings that abound.

This six week series will introduce a meditative approach to enhancing joy. It is appropriate for new and experienced meditators.

SHAILA CATHERINE is the founder of Insight Meditation South Bay, a Buddhist Meditation Center in Silicon Valley. She has been practicing meditation since 1980, accumulating eight years of silent retreat. Shaila studied with masters in India, Nepal and Thailand, and has taught since 1996 in the USA, India, Israel, England, and New Zealand. Shaila's current focus is the development of concentration and jhana as the basis for insight and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Her second book, a comprehensive manual on concentration and insight, is forthcoming from Wisdom Publications in 2011.

EVERYONE IS WELCOME. Chairs are provided. Bring a cushion if you prefer to sit on the floor.

Donations are gratefully accepted to support the teachers and organizational expenses.

FOR MORE INFORMATION:
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Insight Meditation South Bay
www.imsb.org