

# Compassion

A five-week series  
Cultivating Compassion  
with *Shaila Catherine*

Thursdays, 7:00 pm — 9:00 pm

May 19, 26  
and June 2, 9, 16 2011

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



**COMPASSION** (called *karuna* in the Pali language) is a heartfelt and courageous response to life. Karuna is the manifestation of loving kindness when it meets the pain of the world. Through progressive lessons and sequential instruction, we will cultivate compassion as an extension of the loving-kindness meditation practice and develop skills to work through obstacles that might separate us from the strength of our natural courage.

The series is structured as five sequential meditation lessons. Attendance for the full series is not required.

**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](http://www.imsb.org)