

# Lovingkindness Meditation Workshop



Lead by Sensei Taigen Henderson,  
each session of this eight-week long course  
(six Wednesday evening sessions from 7-8:00 p.m.)  
will include lectures, meditation instruction and  
materials, practice periods and discussion.

Metta Bhavana is an ancient Buddhist meditation leading to the development of unconditional lovingkindness and friendliness. The Pali word *metta* means love, friendliness, or lovingkindness; *bhavana* means cultivation or development.

Metta is something you feel in your heart. It is a positive emotional state towards others as well as ourselves.

Metta practice helps us:

- *Bring harmony into our lives and into our relationships with others*
- *Rid ourselves of conflict, both internal and external*
- *Overcome guilt*
- *Open our minds and hearts to loving acceptance, both of ourselves and others;*
- *Develop and deepen a feeling of connection with all beings*

As a result of practicing metta, we become more empathetic, more considerate, more kind, more forgiving and in general, more loving, friendly people.

Fee \$90.00

Preregister to reserve your space.

***Starts March 31, 2010***



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