

# THE TRANSFORMATIVE POWER OF LOVING KINDNESS

In the face of ongoing global uncertainty there is growing evidence that qualities of open heartedness (kindness, generosity of spirit, compassion, respect, acceptance and connection) provide a powerful antidote to the divisiveness, separation, isolation and elevated levels of stress many people are experiencing.

This 12 month course is rooted in the ancient teachings of the Buddha and it will also explore modern scientific findings related to heart intelligence and the regulation of our nervous system in service of cultivating a calmer more harmonious life. The course is recommended for everyone (meditators and non-meditator alike) who wants to develop a calmer, more peaceful inner life.

## Course Objectives:

- 1) Cultivating a daily loving kindness meditation practice
- 2) Developing and deepening qualities of unconditional love, kindness, compassion (for self & others) forgiveness and acceptance.
- 3) Embodiment of these heart qualities in daily life

**Location:** Zoom

**Class dates & times:** October 2022 - September 2023  
2nd Saturday of the month 9-11am MT &  
3rd Wednesday of the month 7 - 9pm MT

**Class format:** Lecture, large and small group discussion, guided meditations.

**Cost for classes:** \$375.00 CAD. (for Saturday & Wednesday classes)  
with the option to pay in 1 (\$375.00), 2 (\$ 187.50) or 3 (\$125.00) installments

This course will also include a 6 day Loving Kindness silent retreat (in person or online) May 23 - 28, 2023. The cost of the retreat will be in addition to the cost of the classes.

## Instructor:

Anne Mahoney

(For more information about Anne go to [bringingawarenesstolife.ca](http://bringingawarenesstolife.ca))

## Registration:

Contact Anne at [bringingawarenesstolife@gmail.com](mailto:bringingawarenesstolife@gmail.com)