

Integrating the Spirit, Intellect & Emotions through Meditation Yoga

with William McDonald

Over the next 6 weeks, we will explore how ordinary emotions effect and direct our lives and how cultivating the Four Immeasurables: loving kindness, compassion, appreciative awe and equanimity; works to dismantle the habitual arising of anger, jealousy, craving and our other all-too-familiar destructive reactions.

Contemplating the Four Immeasurables, brings us into direct contact with our own obstacles allowing us more and more choice in how we engage the world, calling forth your own fearless heart. These practices address the emotional knots that hold us back from being active participants in our lives. When practiced sincerely and consistently, they develop our emotional resilience and strength.

This course will include talks, interactive exercises, guided silent meditation and discussion as we explore practices that can bring great healing to our hearts and to the world.

INTEGRATING THE SPIRIT, THE INTELLECT & THE EMOTIONS

SPIRIT - the caring part of being human. Through spirit we attempt to love and respect others, be kind and treat others with dignity courtesy.

INTELLECT - the mind that thinks, reasons and attempts to discern the path in life.

EMOTIONS - how we experience the inner and outer conditions. We feel joy, sadness and anger. Each is experienced in each individual differently depending on our experiences, both good and bad.