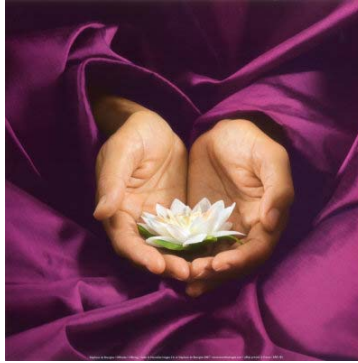


Dana



These teachings are offered in the tradition of Dana as it was taught by the Buddha 2500 years ago. Originally monks would offer the teachings to the community and the community would support the monks with food, shelter, clothing and medicine. In this very practical way the Buddha teaches us about not clinging to what we think is “mine” and about our interdependence with one another and with all of life.

Dana means both generosity or giving but also the practice of *cultivating* generosity. We grow the capacity and feeling of wanting to give and share what we have with other people through the practice of Dana.

I am grateful to have completed a two-year Meditation Mentorship program with my teachers Molly Swan and Norman Feldman. The meditation teachings offered at RiverSound Retreat are given in this tradition of Dana and this spirit of generosity and reciprocity.

The pre-registration fee only covers the cost of heating and lighting the studio. There is a Dana box at the door. Your contribution of support for my time and the teachings will be greatly appreciated.

with gratitude,
Jill

*"Generosity brings happiness at every stage of its expression.
We experience joy in forming the intention to be generous.
We experience joy in the actual act of giving something.
And we experience joy in remembering the fact that we have given."
~ The Buddha ~*