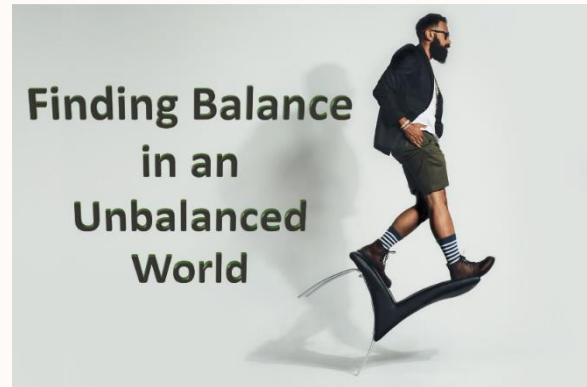


Meditative Retreat with SIM Community Teacher Rev. Diane Wilde

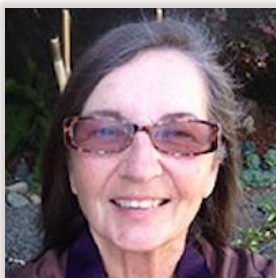
Creating balance both in ourselves and as well as the challenges in an increasingly polarized world, has never been so important. Personal, political and environmental issues are creating deep divisions and suffering. Along with sitting and walking meditation, we will discuss methods for creating equanimity or balance in our lives, both internally and externally. Equanimity is the “crown jewel” of Buddhist emotions. It’s cultivation is the culmination of our practice, allowing us to enter all situations with wisdom and compassion.



During this 3/4 day, retreat we will begin with light movement along with sitting, walking and reflection practice. We will be eating our noon meal in silence, so please bring a lunch.

Registration is \$15.00 per person due before the start of the event and payable online at <http://sactoinsight.org/event/retreat-aug-31/>. If you are able and interested in further supporting SIM financially, you have the option of a registration fee of either \$25 or \$35 dollars. No one will be turned away for lack of funds; please contact the registrar for more information. You may also pay by check or cash on the day of the retreat.

Saturday, August 31, 9:00 am to 2:00 pm
3111 Wissemann Drive, Sacramento, CA



DIANE WILDE has studied meditation in various traditions since 1990. In 2001 she was a founding member of Sacramento Insight Meditation. She founded Buddhist Pathways Prison Project (BP3) in 2010. Since 2003, she has been a BP3 prison chaplain and aids in coordination of 75 volunteers who offer Buddhist services at numerous California prisons and jails. She is a graduate of Sati Center’s Buddhist Chaplaincy program and graduated from Spirit Rock Meditation Center’s Community Dharma Leadership Training Program. She is a board member of Sati Center for Buddhist Studies, Sacramento Dharma

Center, Buddhist Pathways Prison Project and California Dept. of Corrections Volunteer Advisory Board. In 2015 she was lay-ordained as a Buddhist minister by her teacher Gil Fronsdal.