

INTEGRAL ZEN

Sitting with Emotion

Zen and the Art of Transforming Emotional States



All are Welcome!

Sunday July 27th
1pm to 5pm

Zendo at the Baha'i Temple
225 E Bayaud Ave
Denver, CO 80209

There is an art to transforming emotional states into information and useable energy. What can we learn from Zen that will help us master this art?

Identifying with an emotional state like fear, anger, sadness or shame is like jumping into a swift running river. We are swept away by forces beyond our control. When I am afraid, I have identified with the emotional state of fear. I am identical to fear. I am in the river of fear. There is no me, no separate awareness of the fearful state, there is only this river of fear running its course. Only when the fear is gone does consciousness return. Only when I return do I say: "That was frightening".

Overwhelmed by our emotional states we miss critical information that we desperately need to live fuller, richer lives. By learning to sit with our intolerable emotions we can open the door to our own liberation. We can become aware of and understand the underlying causes of our own pain and suffering. We can indeed, unlock the very energy needed for our own transformation.

To register go to our website: <http://www.integralzen.org/Calendar.htm>
For more information [email doshin@integralzen.org](mailto:doshin@integralzen.org) or call 720-984-9512

There will be a request for donations--an opportunity for generosity--to support this work