

Bodhissatva Kshitigarbha: Aspiration to Embrace Suffering

A Day of Mindfulness with The Wild Geese Sangha

Gentle Zen practice in the Plum Village tradition



Saturday 3rd October 9:45 am - 4 pm

(Please arrive from 9:45 for a 10am start)

We will spend the day learning about Bodhisattva Kshitigarbha and their great vow - to be present in the darkest of places and to help to transform the suffering of the world. We will sit together in peace and solidarity to develop our own innate capacity for compassion, clarity and stability so that we are able to offer freshness, love and compassion to ourselves, to our families and to the world.

Open to everyone - of all faiths and none. Please bring some plant-based food to share for a pot-luck lunch.

St Mark's Unitarian Church, 7 Castle Terrace, Edinburgh EH1 2DP

For further details or to contact us, please visit our website

wildgeesezen.org

