

Formation of New “Dancing With Life” Study Group

A new sangha study group is forming to study the book “Dancing With Life” by Phillip Moffitt (<http://www.amazon.com/Dancing-Life-Buddhist-Insights-Suffering/dp/1594863539>). Many sangha members have benefited from study groups focused on this book. The following excerpt from http://ebookstore.sony.com/ebook/phillip-moffitt/dancing-with-life/_/R-40000000000000095403 describes the book as follows:

Why do we suffer? Is there a purpose to our pain? Noting that human beings have wrestled with such questions for thousands of years, Phillip Moffitt has found answers for his own life in Buddhist philosophy and meditation. Reflecting on his own journey from Esquire magazine editor-in-chief to Buddhist meditation teacher, Moffitt provides a fresh perspective on the Buddha's ancient wisdom, showing how to move from suffering to new awareness and unanticipated joy.

In this deeply spiritual book that is sure to become a Buddhist classic, Moffitt explores the twelve insights that underlie the Buddha's core teaching--the Four Noble Truths--and uses these often neglected ideas to guide readers to a more meaningful relationship to suffering. Moffitt write: "These twelve insights teach you to dance with both the joy and pain, finding peace in a balanced mind and calm spirit. As the most specific, practical life instructions I have ever encountered, they serve as an invaluable tool for anyone who seeks a life filled with meaning and well-being." Practicing these twelve insights, as Moffitt suggests, will help readers experience life's difficulties without being filled with stress and anguish, and they will enhance their moments of happiness.

Mary Young is organizing the group (nmranch@msn.com / 505-821-0031). Please send her your contact information if you are interested in participating in this group and she will contact all who are interested by the end of January timeframe. You may also contact Mary if you have any questions regarding the group. The group will have it's first meeting probably around the first week in February. At the first meeting we will decide how often we will meet (once or twice a month).