



You are invited to come to a Public Presentation given by

Flint Sparks, PhD
Psychologist and Zen Buddhist Priest

**“Mindfulness and the Many Aspects of Self:
A Way through Suffering to Freedom”**

Siddhartha Gautama was interested in one fundamental question: How can we truly understand human suffering and how can we help end suffering for all beings? After an extensive search and dedication to finding the answer, he came to a shattering insight that led to the Enlightened State – becoming the Buddha. He invited his followers to engage in meditation practices to demonstrate through their own experience that liberation of the human heart and mind is possible. What if the Buddha had used the language of modern mindfulness-based practices? How would his teachings have sounded? Please join us in sharing the resonance of these transformative teachings for all people regardless of religion, race, or culture and the profound possibility inherent in them. *

**St Andrew’s Episcopal Church
1833 Regent St., Madison, Wi
Wednesday, March 7th, 7-9 p.m.**

(Parking is on the street and may require walking some distance)

For further information contact Suzanne Kilkus @ heartspace@charter.net or 239-9127

Cost: Food Pantry Offering and Free Will Donation for the Teaching

** Flint Sparks, PhD is a licensed psychologist with over 25 years’ experience in the practice of psychotherapy. He has post-doctoral certificates in Hakomi psychotherapy and group therapy. In addition is a trainer with the Center of Self Leadership in the Internal Family Systems Model. He is also an ordained Zen Buddhist priest currently serving the Appamada community of Austin, Texas*