

Transforming Negative Emotions with Venerable Amy Miller



The desire for happiness serves as a major motivation in our lives, yet we often experience numerous obstacles to achieving it. Despite our material comforts and beneficial circumstances, frustration, fear, anxiety, depression, along with other less than generous mind states, cloud our view.

This workshop identifies afflictive states of mind (anger, attachment, pride, jealousy, depression, anxiety, fear, etc.) and explores a variety of healthy coping mechanisms that can help transform everyday challenges into a more realistic and peaceful experience.

**Burlington's Fletcher Free
Library
235 College St.
Wednesday May 9th:
6:00 - 7:30 pm**

Amy J. Miller (Ven. Lobsang Chodren) first encountered Tibetan Buddhism in the spring of 1987 during a course at Kopan Monastery in Nepal. Since then, she has spent a great deal of time engaged in meditation retreats, study, teaching, and Buddhist center management throughout the world. Prior to meeting the Dharma, Amy was a political fundraiser in Washington, DC and also worked for Mother Jones Magazine in San Francisco, California

For more Information:

coord@machiglabdron.org

and see More at her website: AmyMiller.com