ANNOUNCEMENT: MEDITATION with ROBERT AHO!

WHEN: First Sunday of Every Month, 9:00-10:00 am

WHERE: Lake Superior Interfaith Community Church, 1414 E Ninth St, Duluth, MN

COST: Free Will Donation Requested, as support for LSICC

~GUIDED MEDITATION~

The Spiritual Path really begins with our Aspiration to Awaken, that is a very compassionate wish to discover what is Ultimately Real, without any obscurations. This is often referred to as Bodhicitta. When we look within, we realize that we have all that we need. We can discover a certain clarity, power, or brightness within our heart center, simply by looking at mind, as well as developing deep insight into all phenomena. This means meditation.

This short time together before the main service is meant to help us supercharge our Spiritual Practice. From time to time we need a little bit of help from a Spiritual Friend. Robert will guide or teach a wide variety of meditation techniques, as requested.

Robert Aho is a Dzogchen practitioner, someone who has experienced the Complete Spiritual Path, eventually realizing the Nature of Mind. He will bring insight into this by sharing various teachings through guided meditation. Robert has said many times, "This is something that I understand very well. My own master, or Root Guru, Namkhai Norbu asked me to teach people. I will be teaching in a more open way, which is similar to how Namkhai Norbu approached teaching."

Robert Aho has spent many years learning and teaching a wide variety of meditative practices, has led groups, taught various retreats and spoken to groups all around the world. These groups range from Buddhists to scientists who study the psychology of death, to NDE support groups, as well as our own Interfaith Church. Robert is the author of ***Timeless Luminosity*** and ***The Frog: A Spiritual Autobiography, Spanning Many Lifetimes***, as well as a weekly newsletter blog and podcast, ***Timelessluminosity.com***, on Substack.