



Vipassana and Metta with Candle Summers

**Every TUESDAY 3:00-4:30 pm PDT Tuesday Teatime*

**1st and 3rd bi-mo. SUNDAY 6:30-8:30 pm PDT*

Insight and Metta Meditation PIMC

**2nd MONDAY each month 6:30-8:30 pm PDT*

Time together includes gently guided insight meditation and loving kindness practice, personal sharing and discussion of various topics of the Dhamma in

Simply Meditate and Carry On!

<https://us02web.zoom.us/j/7173268368>

We welcome all people of every age, ethnicity, cultural heritage and religious background, socio-economic group, ability, sexual orientation and gender identity. In this way we aspire to follow in the footsteps of the Buddha, who offered his teachings of awakening and freedom freely to everyone without exception. Donation link will be provided to encourage generosity and to continue the time honored

Candle has been involved in the Theravadan Burmese lineage, and using mindfulness practice naturally in daily life, since 1983. Ms. Summers participated in the Community Dharma Leader training at Spirit Rock Meditation Center in 2003. As a student, she has completed courses of study in Mahasi Sayadaw's Manual of Insight taught by Steve Armstrong and Kamala Masters, completed a 10 month training on the 10 Paramis and has been influenced by Sayadaw U Tejaniya in awareness becoming natural. She is inviting sangha to meet and share in spiritual friendship.

See her website: www.givenfreely.com

Candle moved from Maui to Portland in 2013. She managed retreats for Vipassana Metta Foundation, held a weekly sitting group and a monthly book club for many years. She recently joined the teachers council at Portland Insight Meditation Center in July of 2020.

Please contact her at candlemaui@gmail.com for questions.

