



Vipassana and Metta Practice with Candle Summers

1. Every TUESDAY 3:00-4:30 pm PDT on Zoom
2. 1st and 3rd bi-mo. SUNDAY 6:30-8:30 pm PDT
Insight and Metta Meditation on Zoom
3. *2nd MONDAY each month 6:30-8:30 pm PDT
4. Every Sat. co-teacher for PNW Meditation Community
All inclusive "Open Sangha" 4:30-6:30 zoom and
In Person at Multnomah Friends Meeting House

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

Simply Meditate and Carry On!

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

Meeting ID 717-326-8368

SE PDX Vipassana/Metta is committed to making the exploration of practices and teachings of the Buddha relevant and accessible in today's world. It is important to 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 teachings.

Having a thirst for learning and a heart for service, Candle's training began in 1982. She is involved in the Theravadan Burmese Sayadaw lineage, using mindfulness practice naturally in daily life. 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.

Ms. Summers moved from Maui to Portland in 2013. Having lived on Maui for 30 years, Candle managed retreats for Vipassana Metta Foundation, held a weekly sitting group and monthly book club for a dozen + years. She was asked to join the teacher's council at Portland Insight Meditation Center in June of 2020, and leads her own regular meditation groups as well.



You can contact her at candlemaui@gmail.com or visit her website: www.givenfreely.com to see YouTube videos of talks, meditations and join a zoom group.