

Welcome to

AUSTIN INSIGHT MEDITATION

Mariposa Sangha

We're glad you're here.

Our Ethical Precepts*

Aware of the suffering caused by violence,
I vow not to intentionally harm living beings.

Aware of the suffering caused by theft,
I vow to refrain from taking that which is not offered.

Aware of the suffering caused by sexual abuse,
I vow to use my sexual energy wisely and carefully.

Aware of the suffering caused by harmful speech,
I vow to use my speech wisely and carefully.

Aware of the suffering caused by alcohol and drugs,
I vow to refrain from misuse of intoxicants.

Aware of the suffering caused by hatred and indifference,
I vow to cultivate a heart filled with lovingkindness
for all beings.

*These precepts are grounded in the Theravāda Buddhist tradition.
The non-traditional sixth guideline is offered by Jesse Vega-Frey of Vipassana Hawai'i.

To cultivate a safe and accessible sangha (community) for all,
we kindly ask that you abide by these guiding principles
during our time together.

Thank you for your practice and generosity.

CLOSING METTĀ CHANT

May I be filled with lovingkindness
May I be free
May I be peaceful and at ease
May I be happy

May you be filled with lovingkindness
May you be free
May you be peaceful and at ease
May you be happy

May all be filled with lovingkindness
May all be free
May all be peaceful and at ease
May all be happy

UPCOMING EVENTS

- ☐ Twice **Daily Silent Meditation** on Zoom, 7 to 8 am + pm
- ☐ Weekly **Sangha Sit + Dhamma** talks, in-person + on Zoom, Thursdays, 7 to 8:15 pm at Trinity
 - ☐ Tea + Treats on Sept 24
- ☐ **Saturday Sangha with childcare**, Sept 12, 10 to 11:15 am
- ☐ **Daylong Retreat**, on Saturday Sept 19 with Carolyn K
- ☐ **Virtual Book Club**, Saturday Sept 26 at 4pm
- ☐ **Kalyāṇa Mitta**, spiritual friendship group, on Sunday Sept 27, 10 am to 12 noon, Victoria G. at Cosmic
- ☐ **Residential Retreat**, Nov 12 - 15 with Howie Cohn at AYC

→ Visit our website for more information and registration options
austininsightmeditation.org