

Making an Aspiration in a challenging world

Our world is chaotic, painful, delightful, in trouble, and exactly where it should be given our storied human relationship with it. And yet it somehow continues to heave with breath and life. How do we navigate this complex landscape with curiosity and our good open hearts? Will making an aspiration of creating a better future for our planet and its inhabitants be enough? Or do we also need to set an intention and have discipline?

Please join us for an evening of conversation and contemplation about how we can relate with our immediate lives and our larger world with sanity and curiosity while planting seeds for a healthy future.

Date: Monday, October 28th

Location: HeartCore Cottage, Jukskei Park, Fourways

Time: 6:30 for 7 pm until 9 pm

Contribution: R 200

Teacher: Cynthia MacKay

RSVP Before October 25:

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Cynthia MacKay has been a student in Shambhala for 30 years. She is the Deputy Minister of the Pillar of Government of Shambhala, working full time to guide and support Shambhala Leaders globally. Cynthia has traveled extensively around our planet with a backpack and her running shoes, gathering teachings and running marathons. She is also a teacher in Shambhala as well as a part-time Motorcycle Safety Instructor for the California Motorcycle Safety Program.



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