

# Love Yourself, *No Matter What*



## A Workshop with Lea Seigen Shinraku

Many spiritual traditions suggest that we start with ourselves when cultivating compassion and loving-kindness. When we have a more open, curious relationship with ourselves just as we are, rather than imposing ideas about who we think we should be, we allow our experience to unfold organically, without the use of force. From this place, we can relate to ourselves with greater ease and wisdom, be more open and honest with others, and enjoy a more satisfying life based on authenticity and mutually supportive relationships.

In this afternoon workshop, Lea will offer a guided meditation, discussion, and one-on-one exercises. She will also share tools for helping us find deeper compassion and nourishment in our relationships with ourselves and with all beings. This workshop is appropriate for practitioners at all levels of experience.

**Cost:** \$40/ \$35 members

*No one turned away for lack of funds*

**Where:** Austin Zen Center

3014 Washington Square, Austin

**When:** Saturday, October 18 • 2:00pm-5:30pm

**Lea will give a free public lecture on October 18th at 10:30am**

### About Lea Seigen Shinraku

Lea is a Marriage and Family Therapist in San Francisco. Her work focuses on helping people live with greater ease and joy by guiding them to transform limiting beliefs and wake up from the trance of self-judgment. She has had a regular meditation practice for more than 10 years, including time spent living at San Francisco Zen Center. Lea sees self-compassion as one of the most powerful and transformative resources that a person can cultivate.

[www.leaseigenshinraku.com](http://www.leaseigenshinraku.com)

## Register:

[www.austinzencenter.org](http://www.austinzencenter.org) or phone 512.452.5777