

# Anxiety and the Practice of Mindfulness Meditation

*with Ken Friedman*

**Should anxiety be regarded as an obstacle to our meditation practice, or as an opportunity to open further on the spiritual path?**

In this weekend program, Ken Friedman will talk about how mindfulness practice deals with the various levels of anxiety that we encounter in our lives—from our “ordinary” everyday feelings of nervousness up to severe panic attacks—as well as the heightened forms of neurosis and even terror that one might experience on the spiritual journey.

In 1981, the renowned meditation master, Chogyam Trungpa, appointed Ken to work with students in their community who were experiencing extreme states of mind. Ken will talk about the instructions that he received from Chogyam Trungpa on how to deal with those challenging situations, as well as what he learned from the experience.

Ken will also provide instruction about how to deal with the anxiety involved in facing into death, both in terms of our own fear of physical death and our loved ones’ fear during their dying process, as well as the unexpected shocks and upheavals that we experience in our lives.



Ken Friedman has been a student of Chogyam Trungpa since 1974.

Mr. Friedman has presented seminars on meditation and its applications in daily life in New York City, Los Angeles, Chicago, San Francisco, Halifax, Denver, Atlanta, Montreal, London, Paris, and Amsterdam, and in other cities throughout North America.

**Friday night, May 24th  
to Sunday noon, May 26th  
The Pastoral Centre, The Basilica**

**COST: FRIDAY NIGHT TALK: \$10  
FULL WEEKEND PROGRAM: \$70  
(DISCOUNTS ARE AVAILABLE)  
FRIDAY 7:00 – 9:00 PM  
SATURDAY 9:00 AM TO 5:00 PM  
SUNDAY 9:00 AM – 12:00 NOON**

**register@mindfulnessawareness.ca**

**REGISTRATION DEADLINE: MAY 20**