



Awakening Truth
LEARNING CENTER

Amma Thanasanti

Supports for Trauma Release

5 Class Series

Sundays 2:30pm - 4:00pm
271 Folsom Ave, San Francisco 94110



Mission: Awakening Truth is a non-profit organization run entirely on kindness and generosity, sharing the Buddha's teachings to live in compassion, joy, and peace.

No Registration Required – Donations Welcome! <https://tinyurl.com/awakeningtruth-donations>

Contact Us: jason@againstthestream.org | www.awakeningtruth.org/calendar

In this class you will understand the physiological basis of trauma and the importance of staying in the "Release Zone". You will understand skillful and unskillful ways of turning towards what is and staying present when you are dissociating. You will explore the classical impediments to trauma release and develop tools to deal with your self-blame/shame, anger, fear of death and fear of going crazy.

Weekly Themes

- Oct 1:** You're not crazy!
- Oct 8:** Find Your Pause
- Oct 29:** Staying Present
- Nov 5:** Path Through Impediments
- Nov 12:** Using Your Tools and Finding Your Peeps

While this class will refer towards those who are dealing with trauma it will be pertinent for anyone who regularly becomes overwhelmed with emotional activation.

About Amma

Amma Thanasanti is the founder of organizations Awakening Truth and Whole Life Path. She is a California born spiritual teacher dedicated to serving all beings. She has been committed to awakening since she first encountered the Dharma in 1979. As a former Buddhist nun of 26 years, she combines training from the Ajahn Chah Forest Tradition with a passion for wholeness. Amma has been teaching intensive meditation retreats worldwide since 1996. She invites you to pause to see what is liberating at the core of your human condition and integrate that into your daily life.

Offerings

The dharma cannot be sold or have a price put on it. Therefore, in accordance with Buddhist custom there is a "door fee" for these teachings. Rather it is appropriate to make an offering based on what you can manage. No one is turned away for lack of money. Think of it as "sliding scale". If you are unsure how much is appropriate to offer the teacher, a reasonable rule of thumb is roughly the amount you earn in one hour for each hour of teaching.

More Details: Suitable for new and experienced meditators. Kindly come fragrance free out of compassion for those with chemical sensitivities. Contact Shanti@AwakeningTruth.org for more details.

Resources:

Mentoring & Morning Meditation
w/ Amma : www.wholelifepath.org

Awakening Truth

Peer Lead Meditation Group
Friday | Time: 7:30-8:30 am

Interactive Dhamma Online Call
Sunday | Time: 9-10 am PST
Dial-in number: (641) 715-3605
Participant access code: 588931#

Awakening Truth Sunday Talks
Time: 6:30-8:00 pm

**Residential, Non Residential
Retreats and Webinars**

Awakening Truth Talks
Sunday | Time: 6:30-8:00 pm

Detailed Events Calendar
www.awakeningtruth.org

Whole Life Path

Morning Meditation
Tuesday-Friday
7 AM – 7:25AM PT (10 ET)

Spiritual Mentoring
One on one guidance with your spiritual and relational practice and customizing your whole life path. Schedule Appointment

**Non-Residential Retreats and
Webinars**

Schedule & Registration
www.wholelifepath.com