Deep Healing for Health Professionals and Healers: Meditations of Innate Compassion and Wisdom with John Makransky, PhD

To be a healing presence for others, we need to heal deep within. For that, we need to connect to a more open, unconditional part of our being, a basic kindness and compassion available in the background of our experience, in our fundamental awareness.

**Saturday, April 4, 2015**
9:30 a.m. – 4:30 p.m.
Morven Farms

**REGISTRATION FEE:**
$25.00 for UVA employees/students
$50.00 for Non-UVA employees/students

No registration fees will be refunded for cancellations.

**Facilitator Bio:**
John Makransky, PhD is a well-known Buddhist scholar and gifted Western meditation teacher. John established and is the guiding meditation teacher of the Foundation for Active Compassion, and is the author of the popular book, *Awakening through Love*. Academically, John is professor of Buddhism and Comparative Theology at Boston College and senior academic advisor and lecturer for Chokyi Nyima Rinpoche’s Centre for Buddhist Studies in Nepal. John has made meditations of innate compassion and wisdom from Tibet newly accessible to people of all backgrounds and faiths by teaching these meditation methods to healthcare providers, teachers, therapists, social workers, and social justice activists.

**In this day-long retreat, meditation practices from Tibet are adapted for fresh access to Westerners, with special focus on innate capacities of loving compassion and wisdom. To receive love deeply and extend it impartially can help the mind rest and release its tendency to cling to unhelpful habits of thought and reaction. By resting in this state, the mind can relax, heal, and further unleash its capacity of loving compassion. When this wise compassion informs our relationships, actions and service to others, it can become a deeply healing power for self and others.**

Space is limited. Visit [http://compassion.nursing.virginia.edu](http://compassion.nursing.virginia.edu) to register online.