



# FREE MEDITATION

~Calm Abiding and Insight Meditation~

Learn how to use breath as a focus for meditation. Once the mind is calm, gaining insight into how we relate to our thoughts and feelings.

NOVEMBER 3<sup>RD</sup>, 10<sup>TH</sup>, 17<sup>TH</sup> & 24<sup>TH</sup>

EVERY MONDAY 1:30 PM TO 2:30 PM

CHRISTUS ST VINCENT CANCER CENTER, COMMUNITY ROOM 2<sup>ND</sup> FLOOR  
445 St. Michaels Dr, Santa Fe, NM 87505

Please register with **Phy Encluna** or call **505-913-8951**



Fred Cooper is a CSV Volunteer who would like to share how meditation can calm the mind and improve our mental state as well as our health. He has been taught the Tibetan Buddhist approach to understanding the Nature of Mind by several of the most revered Tibetan Lamas including HH Tai Situ Rinpoche and HH Dalai Lama. He is the President of KSK Buddhist Center in Santa Fe where he teaches meditation. He has also written several articles on the connection between the nature of mind and quantum physics. Fred obtained his Ph.D. in Theoretical Physics from Harvard University and has taught Physics at Cornell U, Brown U, Boston U and Boston College. He was a Group Leader at Los Alamos National Labs and is currently on the external faculty of the Santa Fe Institute.