



# Richard Miller

## Monthly Meditation

Thursdays 3:00-4:30pm

\$8-\$10 sliding scale

\$10 suggested donation to Richard

**Jan 19, Feb 16, Mar 15, Apr 19, May 10,  
June 7, July 19, Aug 23, Sep 13, Oct 18,  
Nov 8, Dec 6**

**Join Senior Teacher Richard Miller for a year of  
monthly dharma talks, meditations, and spirited discussion on:**

### **The Noble Adventure: Living Peace in Every Moment**

Living the Noble Adventure does not entail journeying to another abode, or realizing some higher spiritual self. It entails realizing that your belief in being a separate self is not the whole truth. Liberation from separation releases you to live in harmony with your body, mind, and heart, fully open and alive.

Meditation supports this realization by

- 1) fostering concentration, enabling you to realize your innate boundless nature;
- 2) nourishing proactive mindfulness and your capacity to respond in each moment; and
- 3) developing self-inquiry, which dissolves separation and awakens your intrinsic capacities for loving kindness, equanimity, joy and insight.

Each of these 12 monthly meditations is open to new and ongoing participants, and forms an interwoven tapestry of teachings, practices and tools for life from the nondual perspective. Each class is available as an Mp3 download at [www.irest.us](http://www.irest.us).

Start your day with love. Spend your day in love. End your day with love. This is the way of love. This is the path of peace, harmony, and love. This is the Noble Adventure.

Richard Miller, PhD is founding president of the Integrative Restoration Institute, and author of *Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing*. He leads retreats and trainings internationally, engaging people in living the Noble Adventure, alive and awake in each moment. [www.irest.us](http://www.irest.us).

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