

Events with “Spiritual Ecologist” HEATHER LYN MANN
APRIL 27 – 29, 2018
at the Florida Community of Mindfulness

The Buddhist Climate Action Network is very happy to welcome Heather Lyn Mann to Tampa and to sponsor a variety of events over the weekend of April 27th – 29th. Please come to any or all of them, as a Friday evening through Saturday afternoon mini-retreat. All events are free. We look forward to seeing you! Any questions please contact Andrew Rock at arock1@tampabay.rr.com

CLIMATE CHANGE: TAKING THE VOYAGE FROM DESPAIR TO HOPE

Friday April 27, 7 pm – 9 pm

Florida Community of Mindfulness, 6501 N. Nebraska Ave., Tampa

Join the author of “Ocean of Insight” as she recounts adventures and discoveries from her six years afloat. Learn how nature (as a Dharma teacher) transformed Mann with lessons in fearlessness, happiness, impermanence, and compassion.

NEBRASKA AVENUE STREET CLEAN-UP

Saturday, April 28, 8:30 - noon

Florida Community of Mindfulness, 6502 N. Nebraska Ave., Tampa

Begin the morning with a guided meditation at 8:30 am, followed by a street clean-up on Nebraska Avenue. Return to the FCM Practice Center to share our reflections on consumption and waste. Bring a vegetarian brown bag lunch to enjoy in FCM’s garden.

FALLING IN LOVE WITH MOTHER EARTH

Saturday April 28, 1 pm – 3 pm

Florida Community of Mindfulness, 6501 N. Nebraska Ave., Tampa

Continuing our exploration of nature as Dharma teacher, we will diagnose the deep, underlying causes of climate disruption and take steps to transform our fear, anger, craving, and delusion of separation in order to remove wrong perceptions and help others do the same. We will explore a path to reconcile ourselves with those we believe are creating harm.



Heather Lyn Mann is a writer, mindfulness teacher, and environmental advocate. She founded and directed the Center for Resilient Cities, dedicated to supporting healthy, resilient people and communities. Battle-weary in 2007, Heather took a six-year time-out to sail, travelling with one question: how am I to live in a suffering world? Her inspiring memoir of her physical and spiritual journey, “Ocean of Insight: A Sailor’s Voyage from Despair to Hope,” was published in 2016.

Heather is a student of Zen Master Thich Nhat Hanh, who ordained her into the Order of Interbeing in 2006. She is a founder of the North American Earth Holders Sangha. Heather lives in South Carolina, where she leads the Charleston Community of Mindful Living, serves on the faculty of the Sophia Institute for social and environmental justice, and is active in the Higher Ground Collaborative, a diverse group of professionals, spiritual leaders, scientists, artists, and policy-makers concerned with rising sea level and other climate issues. Clearly, Heather has much to share with us in Tampa Bay.