



DHARMA ART DAY

Saturday, June 4, 2022
1:00 – 5:00 pm
Sacramento Dharma Center
(3111 Wissemann Drive, 95826)

Zazen and SoulCollage: Preparing a Sincere Offering to the Three Treasures, led by Alexa Singer-Telles

Please join us for a day of mindful practice to explore Dogen's teachings for cooking your life in a creative and experiential way. It is said that "bodhicitta is born of the smallest offering made with sincerity." In our time together we will practice cultivating the mind of love by combining the ingredients of zazen, SoulCollage®, guided writing practice, collaboration, and ritual. Please bring your open heart, imagination and curiosity to see what unfolds in this transformational process. Our offerings will be honored in a closing ceremony.

The SoulCollage® process was developed by Seena B. Frost, M.Div. as a mixture of joyful art play and as a healing guide using the potentiality of images and symbols to access our own innate wisdom through journaling and sharing.

Alexa Singer-Telles, True Silent Action, is a dharmacharya (teacher) in the Plum Village tradition, receiving Lamp Transmission from Thich Nhat Hanh in 2014. Alexa is the guiding teacher for several sanghas in California, Washington, Oregon and Calgary. She was the co-founder and sangha mama of the River Oak Sangha in Redding for 30 years. She is a practicing psychotherapist, certified facilitator of SoulCollage® groups, and women's spiritual ceremonialist. She recently founded the MotherRoot Sangha. Inspired by studying our Buddhist women ancestors, she aspires to be an old woman of no rank.

You don't need artistic skill to attend this event, but you do need to be vaccinated against Covid-19. Mask wearing is optional and will be supported.

Register at [Eventbrite.com](https://www.eventbrite.com): search "SoulCollage Sacramento". Dana is partially included in the registration fee. You are invited to offer additional dana at the workshop. For questions, please contact Jim Hare at info@valleystreamszen.org or Alexa alexasingertelles@gmail.com.

Valley Streams Zen Sangha

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