



KATHERINE THANAS

The Truth of This Life

Zen Teachings on Loving
the World as It Is

Shambhala Publications

shambhala.com

Study what is, not what should be: the sense of loss, sense of reaching, whatever embarrasses, whatever pleases. And then try to let go -- so none of it is stuck with defining you... because you is just a place where it all temporarily expresses.

--Katherine Thanas, Roshi (1927-2012)

SEMINAR ON The Truth of This Life

led by Senior Students
based on Katherine Roshi's Book

Sundays, 10 a.m.-12 p.m.
August 26 through September 30

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