



The 24th St. Sangha

2401 Pennsylvania Ave,
Philadelphia, PA 19130

Founding Teacher:

Beth Adelson ([bio](#) below)
adelson@rutgers.edu

Via Zoom

Meditation for All in the Helping Professions: Calm Grounding in Uncertain Times

- **Please RSVP** with interests & questions: adelson@rutgers.edu
 - Start 8/30 at 11:30am. Joining later is fine
 - Getting in touch with questions is fine; it is not a commitment

- **When:**
 - Once or twice a month: Sundays at 11:30 am; **or** after work.
 - Start 8/30 at 11:30am. Joining later is fine
 - It would be at a time when people with full-time work &/or family commitments can come.
 - **Suggestions welcome for all of the above.**

- **Format**
 - I am thinking of collecting, questions, requests, & concerns in advance (optional, no advance preparation expected) & preparing a talk based on that.
 - Then teaching specific practices relevant to the current questions, followed by group discussion to establish a feeling of community support.
 - The practices address topics including: *equanimity, pacing one's energy, compassion & calm abiding*;
 - **Suggestions welcome for all of the above.**

- **Contact & Dana:**
 - Suggested Dana \$15; but all are welcome, don't let finances stop you.
 - Beth Adelson adelson@rutgers.edu 215.219.5296 (cell)

Beth Adelson Bio:

How can the human mind help us find contentment in the face of our most difficult personal & professional challenges? Harvard Centennial Medalist, Beth Adelson has devoted her professional life to addressing this question. Her work draws on early Buddhist teachings and practices, supported by her training in experimental and analytical cognitive science. Dr. Adelson was first trained as a dancer at the NYC Ailey & Graham studios. In conjunction with this work, she first sat with Suzuki Roshi in 1970 and began her yoga practice at the age of 17. She was then trained as a cognitive scientist at Harvard University; her subsequent research on the effects of meditation was endorsed by the Dalai Lama. Her meditation teachers include: Salzburg, Boorstein, Arnell and Goldstein; Tsultrim Allione and Alan Wallace; and Roshis Shunryu Suzuki, Joan Halifax and Jan Chozen Bayes. Dr. Adelson is the founding teacher of the 24th St. Sangha. She is a Past Program Director at the National Science Foundation and Professor Emeritus at Rutgers. Her daily sitting practice focuses on Vipassana, the Paramitas and the Four Immeasurables: kindness, compassion, empathetic joy and equanimity. Her daily physical practices integrate meditative contentment of heart and mind with physical energy.