

# *Curbing the Misleading Mind* *A Practical Application* *of Buddhist Psychology*

with Psychotherapist  
**Karuna Cayton**



"We each have the potential to alleviate our own suffering and embody our most wonderful, authentic self in each and every moment..."

– from Karuna's book,  
*The Misleading Mind*

This weekend workshop has useful tools for Buddhists and non-Buddhists alike. We each have the potential to transform our suffering into happiness, to free ourselves from the prison of our problems. We do this by recognizing the habitual ways our minds perceive and react – creating depression, anxiety, and compulsions – the way the mind misleads.

## *March 1-3*

\$125 per person includes all meals and shared accommodation.

## [www.MilarepaCenter.org](http://www.MilarepaCenter.org)

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