

**MINDFUL SPENDING AND CONSUMPTION: MAKING A
DIFFERENCE IN OUR LIVES AND THE LIVES OF OTHERS**

A MEETING of MINDFULNESS AND SOCIAL ACTION

Tuesday June 26, 2007, 7.30 – 9.30 pm

at

**FRIENDS MEETING OF WASHINGTON,
2111 Florida Avenue, NW
(Two blocks from Dupont Circle metro)**

In early spring, Hugh Byrne and Brian Levy led a day of inquiry, reflection and meditation on mindful spending and consumption. With twenty-five other participants, we explored the motivations, desires and needs that shape how we consume, and the implications for other people and our planet of our choices about what we buy.

At that gathering, we agreed to meet again to explore ways to develop concrete activities in our own community—through encouraging retailers to carry, and consumers to purchase, goods that are fairly traded, and produced with respect for our environment and the lives of workers and farmers.

Please join us as we **bring together the practice of mindfulness with engagement in specific initiatives that can make a real difference in our lives and the lives of others.** For more information, please contact Hugh Byrne at hughgbyrne@yahoo.com

Hugh Byrne worked for many years as a social activist before deepening his study, practice and teaching of Buddhism and meditation. He is a co-founder of the Washington Buddhist Peace Fellowship and of the Mindfulness Training Institute of Washington, and teaches classes and retreats with the Insight Meditation Community of Washington. Hugh has a Ph.D. in political science from UCLA.

Brian Levy has been practicing insight meditation consistently since he was introduced to the practice in the late 1970s by Larry Rosenberg. He has worked at the World Bank for the past eighteen years, where he currently is an advisor on public sector governance. He has a Ph.D. in economics from Harvard University.

Peace in our hearts. . .peace in the world

*Co-sponsored by the Washington Buddhist Peace Fellowship www.wbpf.org
and the Insight Meditation Community of Washington www.imcw.org*