

Kripalu presents



Gabriel Cohen and Mary Myers

Storms Can't Hurt the Sky: A Buddhist Path through Suffering to Happiness

April 10–12, 2009

For participants of all faiths.

"How can I relieve my suffering?" is the one overriding question asked by people going through a divorce or other difficult life circumstance. Fortunately, Buddhism offers a practical, down-to-earth approach, a new way of looking at painful experiences.

Four years ago, writer Gabriel Cohen found that the insights and practices of Buddhism were enormously helpful during his divorce. Mary Myers has helped others discover similar benefits through individual awareness work, group meditation, and courses on mindfulness-based cognitive therapy.

In this program based on Gabriel's new book, *Storms Can't Hurt the Sky: A Buddhist Path Through Divorce*, Gabriel and Mary will offer ways to relieve the difficult emotions that arise during breakups, the loss of a loved one, and other difficult times. Through lectures, discussion, experiential exercises, and guided meditations, participants will explore how to come to terms with anger, sadness, loss, and forgiveness, and how to get along better in relationships of all kinds (with lovers, children, colleagues, and even strangers). Above all, the focus will be on the essential Buddhist teaching that suffering can serve as a springboard to positive transformation.

Gabriel Cohen is the author of *Storms Can't Hurt the Sky: A Buddhist Path Through Divorce* and three novels. He has written for the *New York Times*, *Shambhala Sun*, *Poets & Writers*, and other publications, and taught writing at New York University. He has given talks and workshops on Buddhism and divorce at the Rubin Museum of Art, Tibet House, New York Insight Meditation Society, E-Vam Buddhist Institute, and other venues. www.gabrielcohenbooks.com

Mary Myers works with clients both in private practice and in groups. She teaches mindfulness-based cognitive therapy workshops and meditative practices with the Community of Mindfulness, founded by Thich Nhat Hanh. She received psychotherapeutic training through the Helix Healing Ministry and is an ordained pastoral counselor. A guest speaker at venues including SUNY Purchase, George Mason University, and the Rubin Museum of Art, she works with private clients in Manhattan and Brooklyn. www.eastvillageholistictherapies.com



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