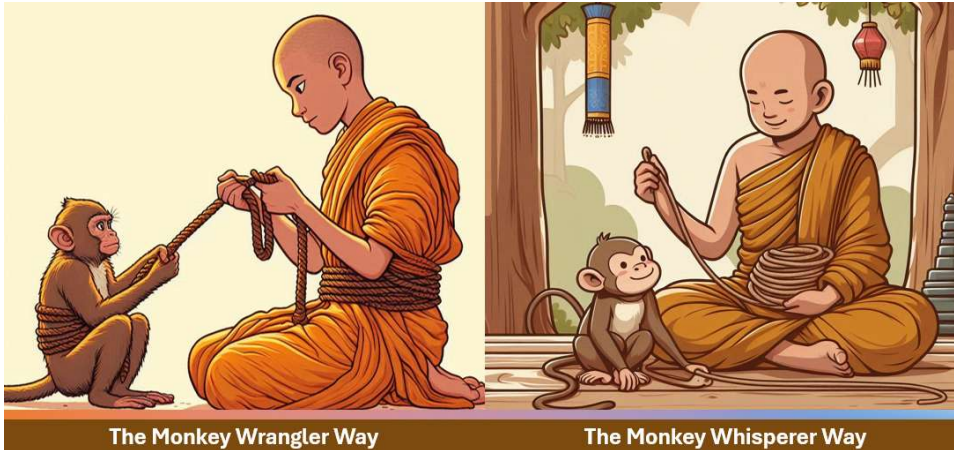


# Meditation, the Monkey Whisperer Way

## AN INVITATION TO BUDDHIST MEDITATION



The Monkey Wrangler Way

The Monkey Whisperer Way

### Gently (re)establish your meditation practice...

Discover natural doorways into presence. Work with the flow of your attention to fortify it. Work with the grain of your nervous system towards ease and release. Learn boundless heart qualities for being present with what is just as it is. Make meditation a welcome part of your life.

### ...the Monkey Whisperer Way

Instead of trying to wrangle your monkey mind into submission, learn the Monkey Whisperer's Way: a gentler approach of really getting the monkey that leads to it settling down by itself. You may discover that the warmth of your understanding presence is exactly what allows the monkey mind to settle, resolve, and dissolve naturally.

The Monkey Whisperer Way is how Sentha presents the Third Turning of the Buddha's Dharma wheel. These are the teachings of Buddha Nature, our inherent awakened nature that we only have to recognize, not create from scratch. When approached through the Monkey Whisperer Way, your meditation practice can be easy to begin, easy to maintain, and easy to come to fruition.

### About Sentha

Sentha Sivabalan has over 20 years of experience in studying, practicing and teaching meditation in all three current streams of Buddhism: Chan (Chinese precursor to Zen) Buddhism with Gilbert Gutierrez; Tibetan and Theravada Buddhism with Marvin Treiger. Both of her teachers have authorized and encouraged her to teach. Gilbert often says to Sentha, *"You have received my marrow."* Marv says about Sentha, *"Sentha is that rare combination of loving Grace & Precision—Wisdom that informs and inspires the student towards their best."*

Sentha is an alum of the University of Redlands.

## What you'll learn

Breath and body awareness practices for cultivating presence and resilience.

Boundless heart qualities for being with what is just as it is: Compassion, Appreciative Joy, Loving Kindness, Equanimity

## Schedule

Monthly Saturday workshops. 9 am to 12 pm

Oct 17, 2026: **Mindfulness of the Breath**

Nov 14, 2026: **Mindfulness of the Body**

## Location

Meditation Room  
Larsen Hall 210  
University of Redlands

FREE

**RSVP Required**

To RSVP and for more info:



[www.mudlotus.org/redlands](http://www.mudlotus.org/redlands)