

JAN FRAZIER

First California Teachings

Spontaneously Awakened Teacher
Author, *When Fear Falls Away*
(*The Story of a Sudden Awakening*)



Jan Frazier woke up one morning in August of 2003 and experienced “a dramatic falling away from fear.” It didn’t last just a few minutes but remained with her. She sees clearly that we all have within us this source of un-woundable peace. Living in the enlightened state is possible for everyone, because it is within everyone already. Even if one is not fully established in that state, as she is, she teaches that it is possible to have in-the-moment awakenings, that come and go, by letting go of identifying, in an unexamined way, with the mind-invented selves—those beliefs in the stories of who we think we are. Her teachings point the way to an easing up of suffering. She says, “If humankind could broadly come to understand that our innate condition is not pain but joyful serenity – that this is, at bottom, the stuff we are made of – then surely, as a species, we will eventually become more attuned to it, and it will become more of a force in our world. There will be glimpses of it, within ourselves and in one another...”

Jan lives in Vermont and this is her first California tour. Learn more about her at her website: <http://whenfearfallsaway.com>

TALKS: 7 – 9 pm, \$10-20 sliding scale, 707-459-6849

December 2, Palo Alto, Unitarian Universalist Church, 505 East Charleston Rd.

December 3, Berkeley, Black Oak Books, 1491 Shattuck Ave.

December 4, Willits, The Muse, 30 E. San Francisco Ave.

December 5, Sebastopol/Graton, Yumtha Center for Conscious Living & Dying, 4115 Ross Rd.

WORKSHOPS: 10 am – 4 pm, \$40-60, Jenner, 707-632-5589

December 6, Call for information 707-632-5589 (Pre-registration recommended)

December 7, Call for information 707-632-5589 (Pre-registration recommended)

Registration and information: www.room4all.org

Contact us: present@room4all.org or 707-459-6849

“Read this delicious, liberating, radical book. It offers the best of gifts, finding the joy and love of your own freedom.”

*—Jack Kornfield, author of *A Path with Heart**

Open to
all who are
interested
in inquiring
into the
nature
of their
true Self.

