

MELBOURNE INSIGHT MEDITATION PRESENTS

The Temple of Awareness

Silent Meditation Retreat
with Anton Eastick

16 March - 20 March 2022

A key part of the Buddhist path is developing and cultivating the sure heart's release. We'll look at cultivating different expressions of love, and working with what gets in the way. This path of awakening leads us towards the wisdom of how to more fully inhabit our lives and how to belong and claim our rightful place in the world. As our understanding of what gets in the way of loving deepens, we naturally learn how to care for our whole selves, and how to live life with a wiser, open hearted approach. An open heart does not mean being totally undefended and open

to any physical or emotional attacks that may happen, rather it's about learning to trust our ability to be strong enough to deal with whatever happens with kindness. There's nothing that harshness does that can't be better achieved through firm kindness. It takes practice.

Exploring classical and contemporary teachings of Insight Meditation, (Vipassana) this retreat is suitable for beginners and experienced meditators. There will be ongoing opportunities to ask questions and receive individual meditation guidance. Daily

there will be group meditation instructions, guided meditations, talks, walking, chanting, sitting meditation and a yoga and/or qigong period. While we do give meditation instructions to the group, we consider it important that there are times for 1-1 interviews with the teachers throughout the day where you can explore on a more private and personalised level, what is happening for you.

*Following the Buddhist practices of generosity the teachings are given on a Dana (gift/donation) only basis. Your monetary contribution enables us to continue our work.

Kallara Conference Centre

Strathbogie Ranges, Boho South, Victoria.

Cost

Single room \$545, + Dana*

Registration and enquiries

www.melbourneinsightmeditation.org

insightretreats@hotmail.com



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