

URBAN DAY RETREAT

*in person and online*

29 October 2022  
10am - 4.30pm

# Practice & Artistry

*Art in the back street  
of our minds*

[jesshuon.com/artistry](http://jesshuon.com/artistry)

*Jess Huon*

ANCIENT ROOTS | MODERN VOICES



MELBOURNE  
INSIGHT  
MEDITATION

# Underneath it all, we are wild and we know it - Reggie Ray

Meditative practice is a training that asks us to arrest habitual movement of mind, and abide in an internal space where we are not jammed up against our 'self'. This leaves room for a different kind of 'knowing' to arise. Whilst falling into depth loosens an isolated sense of 'self', this open space also shoots up wild arrays of distinct feelings, images and phrases - particular to our own nature.

We can be instructed to not give this attention, to allow it to move on through, yet sometimes this creative material wants to leap out. What do we allow to roll by like unclaimed baggage and what do we pick up and handle? What makes us know, as artist Harry Dodge describes, when we are on the 'beam'? How can we trust in our own movement, an inner quickening of congruency, and follow, follow, follow it, even if it doesn't fit appearances, or seems 'out of the box'?

**Date:** 29 Oct 2022

Retreat 10am - 4.30pm

Panel 6.30 - 8pm

**Location:** Abbotsford Convent & zoom

**Bookings:**

[www.melbourneinsightmeditation.org/events-retreats](http://www.melbourneinsightmeditation.org/events-retreats)

**Enquiries:** [insightretreats@hotmail.com](mailto:insightretreats@hotmail.com)

**About Jess Huon |** Jess is an authorised Dharma teacher. She has trained in Buddhist monastic settings, inter-faith contexts and in extended periods of solitary forest practice. Her lineage crosses the Insight Tradition and Open Dharma and has been empowered by the feminine Tantric Tradition. This training has taken place in India, Australia, Spain and the USA. She holds a Bachelor of Creative Arts (VCA), and a postgraduate degree in Therapeutic Arts Practice (RMIT). A natural orator, her talks have been described as "street language for the soul."

**The retreat will include:**

- Meditation instruction
- Sitting, walking and lying down meditation
- Discussion and questions
- Dharma talk
- Guided relaxation practice

**What you might need:**

- Meditation cushion / stool / chair
- Shawl / blanket
- Your lunch and water

NB. Men, women, and gender fluid people, (along with anything else one goes by) are all welcome. The day does not include inter relational exercises, will be focused on personal sitting, and lying practices.

\*In the Buddhist tradition students contribute Dāna or a donation for teachings. This can be done via the Dāna page on Jess's website after the retreat