

INSIGHT DIALOGUE RESIDENTIAL RETREAT

With Gregory Kramer
December 5th – 9th, 2019

This special event is being offered during the time Gregory is on a private visit to Australia



Living the Six Tenets of a Whole Life Path

During this retreat, with the support of Insight Dialogue and silent meditation, we will explore *six tenets* that will help us to craft a whole life path rooted in early Buddhist teachings, and one that suits our character and circumstances. The Buddha provided extensive and specific guidance for monastics as to how to live a life inclined towards awakening, but guidance for westerners wanting a life fully rested in the Noble Eightfold Path, needs to be fleshed out. This retreat will empower us to touch the suttas as living teachings, and to participate in a community dedicated to the development of meditative qualities and wisdom.

We will come together to practice Insight Dialogue, an interpersonal process that brings together meditative awareness, the wisdom teachings of the Buddha, and the power of relationship to support insight into the nature, causes, and release of human suffering. In solo silent meditation, and meditating in dialogue with one another, we will cultivate inquiry into this shared human experience and touch the possibility of awakening alone and together.

This retreat welcomes Insight Dialogue practitioners and people with insight/vipassana and mindfulness meditation experience.

Venue: St. Joseph's Spirituality and Education Centre, Kincumber NSW
From: 4 pm Thursday December 5th 2019
To: 2 pm Monday December 9th 2019
Cost: \$720.00 per person. This is for a single room and all meals plus a contribution to the teacher's accommodation. In the Buddhist tradition we will offer **Dana*** to the teacher.

**Dana: In most Buddhist traditions the teachers are not paid to teach. Instead, the teachings are given on a 'dana' basis and in turn we offer dana to the teacher so that the work can continue.*

REGISTRATION and PAYMENT

To **secure** a place, register and pay a \$50.00 deposit on **Eventbrite** now.

Payment details and Cancellation policy are outlined on the Eventbrite site.

Enquiries:

Susan Burgoyne on **0438 931 362** or email: **sburgoyne@bigpond.com**

Helen Sharwood on **0419 405 287** or email: **hsharwood@gmail.com**

The Teacher: **Gregory Kramer** has been teaching vipassana since 1980, having been trained by Ven. Ananda Maitreya Mahanayaka Thera, Punnaji Maha Thera, Achan Sobin Namto and Anagarika Dhammadina. He is the co-creator and developer of Insight Dialogue and teaches this practice worldwide. He is the founder-director of Metta Foundation and the author of *Insight Dialogue: The Interpersonal Path to Freedom*. He is currently researching and writing with a view to publication. The retreat themes will draw on this work.