



# Where are my Keys?

And by the way...

## Are you Awake right Now?

*...the Dhamma of Human Relationships*



Tension, confusion, grasping and blame undermine the quality of our life and relationships. The Buddha understood our social nature and taught steps to our interpersonal harmony, freedom and happiness. We can choose to hurt each other, or we can help each other gain insight and freedom.

Gregory Kramer, teacher and author of *Insight Dialogue*, will explore the Buddha's teachings and invite you to practice with others the simple yet profound steps of Pause, Relax, Open, Trust Emergence, Listen Deeply and Speak the Truth. In this practice, you can experience the insights and freedom possible through interpersonal meditation and gain a deeper understanding of the Dhamma.

An introduction to *Insight Dialogue* will be provided on a Monday evening with a full day of practice on Tuesday.

**Dates:** Monday 23 Feb 2009 6.45pm-9pm & Tuesday 24 Feb 2009 9am-5pm

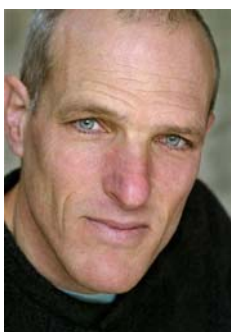
**Please note:**

- Participation in this Tuesday retreat requires attendance on Monday evening.
- Please bring lunch to share in Noble Silence.

**Venue:** Buddhist Society of Victoria (BSV) - Buddhaloka Centre  
71-73 Darling Rd, East Malvern - Melways ref: 59 K12

**Contact:** John Chadderton by email – [jc\[at\]yogaha.com](mailto:jc[at]yogaha.com)

**RSVP:** 1 February 2009



**Guest Teacher:**

Gregory Kramer is a meditation teacher, author, director of the Metta Foundation and a visiting faculty member of the Barre Center for Buddhist Studies in Massachusetts. He has been teaching Vipassana and loving-kindness meditation since 1980. Gregory is the co-creator and developer of *Insight Dialogue* and teaches the practice and Dharma Contemplation worldwide. He holds a PhD in 'Learning and Change in Human Systems', and is the father of three sons, and lives with his wife in Orcas, Washington. For more information about *Insight Dialogue* and Gregory Kramer's Melbourne events please see [www.metta.org](http://www.metta.org).

**Dana (Generosity practice):** In keeping with the Buddhist tradition that Dharma teachings are priceless, there is no charge for Gregory Kramer's talks. However, in support of the teachings, people attending will have an opportunity at the end of the talks to practise generosity through making a donation.