

Unlearning Meditation

with Jason Siff assisted by John & Bobbi Allan

at Gunundi in East Ballina, Northern NSW

Wednesday 5th & Sunday 9th May 2010

This retreat offers a gentle and accepting approach to increasing one's awareness of meditative experience. Those new to meditation are given simple instructions. Experienced meditators may meditate according to their established practice with an opportunity to explore a transition from a structured meditation practice, such as breath or mantra meditation, to an all-inclusive awareness meditation practice.

'Unlearning meditation' is a way to see into the habits of mind developed in one's meditation practice, which may have led to feeling stuck and frustrated, or to doubting the value of meditation. It's also a way to cultivate greater awareness of one's inner world in meditation and to develop tranquil states of mind.

Jason's emphasis is not so much on what people *decide to do* in meditation but on what is *actually experienced* in meditation.

Writing and talking about one's meditation sittings is a requirement for anyone attending this retreat. There are daily group interviews where participants talk about their sittings, as well as the option for private individual interviews.

During the retreat Jason will give talks on the meditative process, and discuss Buddhist philosophy and psychology in light of people's meditation experiences and interests.

The retreat will be held in silence, apart from discussion periods and group interviews.



One's experience of meditation defines what meditation is Jason Siff

Teachers

Jason Siff is an American meditation teacher who has been teaching Vipassana (insight meditation) for over sixteen years. His book *'Unlearning Meditation'* is published by Shambala Books. He spent nearly all the 1980's in Asia, studying and practicing with different teachers and for three of those years was a Theravada monk in Sri Lanka. On returning to the US, he started teaching meditation, completed a Masters degree in Counselling Psychology and then a post-graduate training in psychotherapy. He founded the Skillful Meditation Project www.skillfulmeditation.org and has written a number of books and runs workshops, retreats and training programs for meditation teachers in the US, Canada and here in Australia.

John Allan has explored the Buddhist way and its many traditions since 1970, spending 1974 in the robes of the Thai Forest Meditation Tradition. John worked for 20 years as a psychotherapist following a career as a fine woodworker and community artist. For 10 years he has led weekly Buddhist conversation and meditation groups in Lismore and Byron Bay. John's Practical Buddha Project starts in 2010 :- Workshops and study groups to meet and engage the principles and teachings of Buddhist philosophy, psychology and practical ethics in daily life. See PracticalBuddha.com from March.

Bobbi Allan is a Buddhist teacher in the Insight tradition. For the past 10 years, she has been leading "Stillness in Action" retreats, combining meditation with the "Coming Back to Life" work of US Buddhist scholar and activist, Joanna Macy. She has trained with Jason Siff for five years and assisting at his retreats for two years. www.stillnessinaction.net

Venue: Gunundi Centre www.gunundi.com.au/ is two hours south of Brisbane overlooking Angels Beach
Accommodation in bunkrooms and some camping, if you wish

Fees: Sliding scale \$240 to \$400 depending on income. Fee covers meals and accommodation

Teachers are paid by your voluntary anonymous donation at the end of the retreat

Download **Registration** forms, with practical info, at www.dharma.org.au in the 'Retreats and other Programs' section

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