

Insight Meditation: Intermediate Course 301

Six week evening course, Wednesday evenings, 7 February - 14 March 2018
with Victor von der Heyde

In this six-week course we'll look at ways that our views of practice can be refined and extended. We'll be a small group with a maximum of 12 people, and this should provide the space for people to talk about their experiences and outlook. The course will be a mix of short talks with reflections and discussions. Each week will also have a sitting period of up to 30 minutes and there'll be a break for tea. The course code 301 is to distinguish this course from other intermediate level courses which may follow.

Where: Yoga Physio studio at 115 Haig Road, Auchenflower, entrance from Payne St.

When: Wednesday nights, 7.20 for a 7:30 start, finishing between 9:00 and 9:10pm.

Prerequisites: At least two residential retreats of 5 days or more each in the last 6 years, with one being a retreat with a focus on mindfulness practice.

What to bring: There are chairs, blankets, yoga equipment and meditation benches at the studio. You are welcome to bring your own cushion.

Week 1: Our sense of myth and the dharma

We'll look at views and myths we have about the dharma, as well as views and myths about ourselves. How do these manifest in our engagement with practice?

Week 2: Insight and samadhi

What sort of relationship is there between insight and samadhi? Has there been an overemphasis on focus in common notions of samadhi practice? What other considerations are there, other than focus? What sort of relationship to thoughts is helpful in samadhi practice?

Week 3: Mindfulness and the energy body

What is meant by working with the energy body? How does it differ from mindfulness practice? Outline of ways of working with vitakka and vicara.

Week 4: Shifting views of metta and mudita

We'll look at how views of these two brahma viharas have been changing, how they can be helpful in practice and how we might find ways to work with them that suit us.

Week 5: Passion and the path

What's the place of passion in a tradition that has as its primary image a figure of calmness? Are calmness and equanimity overemphasised as qualities to develop? Is there

a risk that healthy passions get subdued?

Week 6: Emptiness

We'll explore the range of ways we participate in fabricating or constructing our world, and look at the notion of physicalism.

About the teacher:

Victor von der Heyde has been practising meditation for over thirty years. He studied with a wide range of Dharma teachers in India, Nepal, the US, UK and Australia and has spent over two years in silent retreats. He has taken dharma teaching roles since the mid 1990s and has as interests in engaged Buddhist practice and helping people understand the different types of meditation so that they're in a position to choose what works for them. Victor worked for many years as a counsellor.



Cost, registration:

The total course fee, to cover costs and DharmaCloud insurance, is \$50. This does not include any payment to the teacher. The course is run on a dana basis. There are two steps to register:

- (1) Do a funds transfer of \$50 to the DharmaCloud account, BSB 124017, Account Number 90414051 with your name in the reference field; then
- (2) Send another email to dharmacloud@dharmacloud.org.au giving your name and explaining how you meet the prerequisites.

Dana:

As is the norm in the Insight Meditation community, this course is offered with a spirit of generosity. There will be a box for dana on the last two evenings of the course and offerings are much appreciated. Dana supports not only the teacher but the continuation of the non-commercial way of presenting Buddhist teachings.

Inquiries:

For inquiries, contact Victor: victor.vdh@dharmacloud.org.au, or 0427 360 500