

INSIGHT DIALOGUE

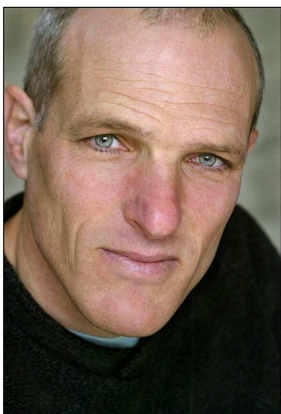
Bringing Meditation into the Heart of Relationship



We work and live in relationship. Our personality and our brains take form in relationship, and our stickiest problems seem to be with “other people.”

We long for community and intimacy just as we long for freedom from hunger and ignorance. And yet our meditation practice, that exquisite kernel of our spiritual lives, is mostly a solitary affair.

At these retreats, we will meditate with each other. Not side by side and separate, but fully engaged and truly meditating. We will cultivate mindfulness, calm concentration, inquiry, energy, and other meditative qualities, interweaving Insight Dialogue and silent meditation. This is a chance to engage first hand with the relational foundation of our humanity, where selflessness and relationship are, finally, not in conflict. The retreats will teach us to truly be present as we encounter one another.



Auckland 31 March 2010 ... **Free talk** and experience of Insight Dialogue. 7- 9pm
Venue: Mt Albert War Memorial Hall, corner New North Rd and Wairere ave. (Bring sitting cushion/mat. Chairs provided)
1-5 April (Easter plus day before)... 5 day retreat at Bella Rakha, Oratia.
\$320 plus teacher Dana
6 -7 April 2010...Facilitator training
Contact Viv: lesserart@gmail.com ph 478 0030

Wellington 8 April 2010 ... **Free talk** and experience of Insight Dialogue 7-9pm
Venue: the Home of Compassion, Rhine St, Island Bay
9-11 April 2010 ... 3 day retreat at Riverslea, Otaki
\$ 195 plus teacher Dana

Contact Arna: arnabanana@buzz.net.nz or Caz: caz@buzz.net.nz ph 389 4831

The teacher GREGORY KRAMER PhD, has taught Insight Meditation for 30 years, and has been teaching the practice of Insight Dialogue, which he developed, worldwide since 1995. As the director of the Metta Foundation he has pioneered online meditation and contemplation practices. He is on the adjunct faculty of the Barre Center for Buddhist Studies, and co-developed the Interpersonal Mindfulness Program for Jon Kabat-Zinn’s Center for Mindfulness.

Dana (generosity practice). In keeping with the Buddhist tradition that the dhamma is beyond price, the teachings are offered freely without charge. A Dana box will be provided to allow you the opportunity to support the teacher and the teachings.