



Metta
foundation



the four noble truths

a three-day insight dialogue retreat
with gregory kramer

Dates:

Thursday, 5 March. Registration is 6pm and the retreat will begin at 7:30pm after supper - Sunday, 8 March (after lunch, noon). This retreat will be in noble silence and it is open to all levels of experience.

Venue:

Hartzer Park, Bowral. Accommodation will be in single rooms. Meals are vegetarian. Parking is available on-site and public transport is nearby. Directions provided at registration.

Cost:

\$400 full price; \$330 concession; \$100 deposit. Part-scholarships on application subject to availability.

Insight Dialogue:

Insight Dialogue practice supports us to bring the mindfulness and tranquillity of traditional silent meditation practice into our interactions with others. This allows us to perceive and understand things that are normally overlooked when we are busy and distracted. Deeper insight and ease then flow into our everyday lives.

In 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, silent meditation, and loving-kindness. This is a chance to engage firsthand with the relational foundation of our humanity.

The Four Noble Truths:

Point to human suffering in its many forms: physical, mental, and relational stress, pain, and confusion. It also reveals the root cause in hunger: the urges and longings that push us forward, ever unsatisfied. Fortunately, it also offers this radical statement: these hungers can diminish and even vanish, and it offers a Path for just this purpose. This retreat is the first in a series that will experientially unfold the Four Noble Truths and offer us a starting point from which we can see how this teaching can offer perspective and even a taste of freedom.

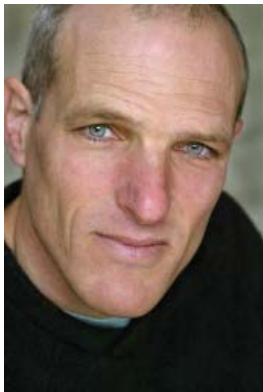
Bookings and registration:

To book a place, a \$100 deposit is required. Please download and carefully read the payment instructions prior to booking. Bookings and enquiries can be made through our website.

Please deposit balance of payment by February 16.

Cancellations: full refund until February 16.

www.metta.org/events.htm

**The teacher:**

Gregory Kramer has been teaching meditation internationally since 1980. During this time he developed Insight Dialogue and also developed Dharma Contemplation, a text-based contemplation practice. Insight Dialogue groups are now active worldwide. Gregory's most recent book is *Insight Dialogue: The Interpersonal Path to Freedom*, 2007, Shambhala Publications.

Gregory has studied with esteemed monastics, including Anagarika Dhammadina, Ven. Ananda Maitreya Maha Nayaka Thera, Achan Sobin Namto. Gregory holds a Ph.D. in Learning and Change in Human Systems.

Additional information for retreatants...**What to bring:**

Please bring your own toiletries, including toothpaste, shampoo, and soap. The retreat centre provides a towel, bed linen, pillows and blankets.

Please bring your own meditation cushion if you have one. Chairs are available for those who prefer to use one.

Getting there:

Hartzer Park is 123k south of Sydney, takes about 2 hours from Sydney by car, and 3 hours by train from Central Station. A local taxi service is available from Bowral.

Dana (generosity practice):

In keeping with Buddhist tradition, fees do not include payment to the teacher.

Dana is a Sanskrit and Pali word meaning generosity or giving. In Buddhism, it also refers to the practice of cultivating generosity. Ultimately, the practice culminates in qualities characterised by unattached and unconditional generosity; giving and letting go. Over time, benefits of such qualities become clearer as does the importance of the purity of the giver's motives.

Dana also invokes a sense of reciprocity, between you and the teachings, acknowledging the importance of the teachings for your life and allowing Gregory to keep teaching the practice while living in a conventional materialist society. In this way, you give the gift of availability of these teachings to others.

Retreatants are invited to practise generosity through a donation to the teacher at the end of the retreat.



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