



Breaking the Cycle of Suffering

A Vipassana/Insight Dialogue meditation retreat on dependent co-arising led by Amma Thanasanti Bhikkhuni and Sharon Beckman-Brindley

May 27 - June 2, 2016 | Joshua Tree, California

The Buddha taught that the key to peace, joy and happiness is release: a state of mind and heart not driven by a relentless insistence that life, in this moment, be other than it is. This capacity for freedom is available to each of us in every moment but it is often obscured by our agitated minds and our wounded hearts. In this retreat, we will combine the steady focused attention of Vipassana meditation with the relational approach of Insight Dialogue as we together explore Dependent Co-Arising, the Buddha's fundamental teaching on suffering, its causes and its release.

Insight dialogue is an interpersonal meditation form based in Vipassana. In Insight Dialogue practice we extend our solitary meditation into a meditation of speaking and listening in contemplation with others. As we practice together, we will touch directly into an embodied sense of greater empowerment and ease as we see and experience more clearly how the cycle of suffering works in our lives and how it can be released.

This will be a modified five precept retreat in which we refrain from killing, stealing, sexual activity, incorrect speech and substances which cloud the mind, with two main meals and a small snack in the evening. This retreat is open to anyone and will be fragrance free out of compassion for those with chemical sensitivities.

RETREAT VENUE

Dhamma Dena is a Vipassana Buddhist center situated in the Mojave Desert of California near Palm Springs and Joshua Tree National Monument. www.dhammadena.com

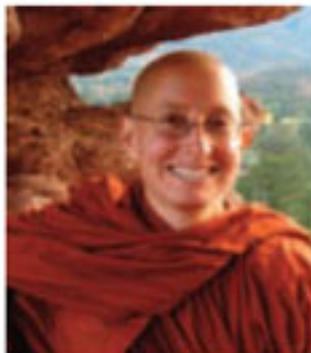
COST

\$450 for Single

\$375 for Double or Triple

A \$180 deposit is required to register. Fees are for food and accommodations only—the teachings are offered on a dana basis. Give what you can offer as your heart feels inspired. Teachers teach out of compassion. There is no set price for the teachings, nor even a 'suggested donation.' This radical departure from a transactional economy becomes an economy of generosity. Give because giving nurtures and develops the heart and because the survival of the Dhamma as living principle depends on generosity.

For questions, contact: Lenore Kitani, lenjokit@gmail.com, 720-884-6776



AMMA THANASANTI BHIKKHUNI blends rigor with gentle loving encouragement to find your own way - finding a balance between fierce holding of the Dhamma and compassion, tenderness and empowerment. She has been teaching meditation internationally since 1996. Shakti Vihara is the hermitage where she lives in Colorado Springs.

SHARON BECKMAN-BRINDLEY is a clinical psychologist and a meditation teacher who leads retreats internationally, integrating western psychological understandings with the wisdom teachings of Buddhist psychology. She is a senior teacher of Insight Dialogue and also a guiding teacher in the Insight Meditation Community of Charlottesville, VA. Sharon is a stepmother and a grandmother who lives with her husband of 40 years and their two very spoiled cats.

