



Freeing the Heart-Mind

A non-residential weekend retreat exploring Buddhist meditation practices for developing wisdom and compassion

During this weekend retreat we will explore two main forms of Buddhist meditation: insight (vipassana) and loving-kindness (metta). Together, these two practices help us to cultivate more awareness of ourselves and others, so that we can live our lives with greater ease and understanding. Most of each day will be spent practising silent sitting and walking meditation, with some guided meditation instructions and opportunities for individual and group meetings with the teacher.

Saturday 3 August 9:45 a.m. - 5:00 p.m. Insight Meditation (vipassana)

Suitable for beginners as well as those with some previous insight meditation experience

Sunday 4 August 9:45 a.m. - 5:00 p.m. Loving-kindness Meditation (metta)

Suitable for people who have already attended a day-long insight meditation retreat

Location: SOUL centre of the body and mind 18 Huia Road Titirangi

Cost: \$80 for both days + dana*

(A small number of places will be available for people to attend only one of the two days for \$50 + dana)

Food: Please bring your own lunch. Tea and herbal teas will be supplied.

Equipment: Some cushions and chairs will be available, but please bring your own meditation cushion or bench if you have one, and a shawl or blanket.

To register: contact Jill Shepherd through her webpage

<http://jill0shepherd.wordpress.com/about/>

Teacher: Jill Shepherd

Jill began practicing insight meditation in Thailand in 1999, and since that time has lived and worked at several meditation centres and monasteries in the US, Australia, England, and Thailand. She recently spent seven years on staff at the Insight Meditation Society in Barre, Massachusetts. While there, she participated in several long retreats and Buddhist study programmes, and also offered weekly meditation classes at a nearby prison. She has been invited into the current teacher training programme jointly offered by Spirit Rock and IMS in the US, and is currently teaching insight meditation in the Blue Mountains, Australia, and Auckland, New Zealand.

****Dana***

In most Buddhist traditions the teachers are not paid to teach. Instead, the teachings are given on a 'dana' basis – dana being the Pali word for generosity or giving freely. At the end of the course, participants are invited to reciprocate this generosity by offering dana to support the teacher, but there is no obligation to do so.

Jill is an independent meditation teacher and is not financially supported by any meditation centre or Buddhist organisation. She relies on dana for her livelihood, and pays for all the expenses incurred in offering a retreat herself, including most international airfares.