

OPENING OUR HANDS

A One Day Silent Meditation Workshop

With Insight Meditation teacher Jess Huon

Saturday 14th February 2015

'The Forge' 341 Barker Street Castlemaine

"It makes no difference what you grasp, when someone grasps Mara stands beside you."

In the Buddha's teaching 'Mara' takes many guises, sometimes personified as the shadowy figure habitually limiting an 'unbounded expression' of our being. Together we will look at artful and fresh ways to shine light on the way 'Mara' works within our own minds, whom, when unexamined, is said to 'tie us in knots.' We will be supported by the Buddha's

victorious example as one who 'Mara cannot overcome anymore than the winds can overcome the Himalayas.'

The teachings we will be exploring encourage us to live 'open-handedly,' whether or not we are currently living with an atmosphere of heaviness or levity. This gesture of 'opening the hands' is said to support an intrinsic movement towards greater 'freedom.'

For more information about Jess Huon, visit www.jesshuon.com

**Following the Buddhist practices of generosity the teachings are given on a Dana (gift/donation) only basis.*

Time

9:30am - 5:00pm

Venue

The Forge, 341 Barker Street
Castlemaine

Cost

\$15, plus Dana for teacher*

The workshop will include:

- Meditation instruction
- Sitting, walking and lying meditation
- Discussion and questions
- Dharma talk
- Guided relaxation practice

What to bring

Shawl, blanket, meditation cushions (blankets, bolsters, chairs, meditation stools are available at the venue)
Your own food for lunch

Bookings and enquiries

Robyn - insightretreats@hotmail.com, or
0408 759 754

