

# A Question of Faith

## One-day Silent Meditation Retreat with Jess Huon

Photograph by Simon Harsent

**Saturday 17th June, 9:30am - 4:30pm**

BSV (Buddhist Society of Victoria), 71 - 73 Darling Road, East Malvern

**“To have faith is to trust your-self to the water. When you swim you don’t grab hold of the water, because if you do, you will sink and drown. Instead you relax, and float.” Alan Watts.**

Buddhism draws many for it’s love of questioning and rational inquiry into human liberation from suffering. However the Buddha also clearly believed in the power of faith. In the Pali suttas, it is said that faith helps us to ‘dive into life’s turbulent waters like a courageous hero in order to reach the far shore of awakening’. For many Westerners faith has become a complex word – one does not have to look far to find numerous violations of human rights and dignity committed in it’s name. Yet, in the same way ‘blind faith’ needs to be interrogated, perhaps so too does ‘blind doubt.’ This quality could also be termed ‘habituated skepticism’ - a quality which might also cloak our receptivity and cement certain views in ways that restrict the free movement and open possibility in our lives.

Come and join us for a day of inquiry onto the Buddha’s understanding of faith. What role does it play in our meditation practice? What, or who, exactly, are we putting our faith, in? Is there a need to re-define, or re-claim this quality in a way that lands more congruently? In what ways might the disposition of faith fuel our practice?

For more information about Jess Huon, visit [www.jesshuon.com](http://www.jesshuon.com)

\* Following Buddhist practices of generosity, the teachings are given on a dana (gift) basis. Your monetary offering enables Jess to continue this work.

### Cost

No cover charge; dana offering for Jess’s teaching appreciated\*

### This retreat includes:

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

### What to bring

- Shawl, meditation cushion if you have one (chairs, stools, floor pads available at the venue)
- Your own food for lunch

### Bookings & Inquiries

No need to book for this event: please simply turn up on time  
Contact: [insightretreats@hotmail.com](mailto:insightretreats@hotmail.com)

[www.melbourneinsightmeditation.org](http://www.melbourneinsightmeditation.org)



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