

# A Mind at Peace

## An Insight Dialogue Retreat

With Mary Burns and Sharon Beckman-Brindley

February 22 – March 1, 2014

*“Do everything with a mind that lets go.” Ajahn Chah*

Much of the time as humans we live, not so much in life as in our mental patterns, our conditioned views about life. When an internal or external experience arises, we meet it with a mind state, a thought, an emotion or a whole story that colors the actual experience and leads to suffering. The Buddha invites us to discover this process and, in our meditation, to cultivate awareness, spaciousness, non-identification, and release. As the mind lets go, there arises a sense of calm: the mind a bit more free of desire, agitation, boredom and ill will. We discover the relief of a mind at peace. In this Insight dialogue retreat, we will explore together the habits of the mind as well as the wholesome practices that invite a sense of tranquility and calm abiding in every aspect of life.

Insight Dialogue is an interpersonal meditation form, based in Vipassana. It expands solitary meditation by extending the mindfulness, wisdom, and compassion of silent practice into speaking and listening in contemplation with others. There will be times of silent practice, walking meditation, and mindful movement interwoven with periods of structured Insight Dialogue in which we contemplate Buddhist teachings on mind states. While fully engaged and truly meditating while in dialogue with one another, we will cultivate the ability to recognize and rest in a natural wakefulness underneath our conditioned mental and relational habits.

Previous meditation experience is highly desirable but not essential.

### About the leaders:



Mary Burns is a Senior Insight Dialogue Teacher who offers retreats worldwide. Mary serves as the Chairperson for Metta Programs Teachers Council. She is a faculty member for Metta’s Whole Life Program and Relational Insight Meditation Program. Over the years she has practiced with several Vipassana teachers and has studied intensively with

Gregory Kramer since 2004. In her life and work, she has been drawn to the intersection of Eastern and Western healing practices for more than three decades and has had the good fortune to study with many gifted teachers. Mary has also taught Mindfulness-based Stress Reduction for many years. She is a licensed Clinical Social Worker with a private practice



Sharon Beckman-Brindley is a Senior Insight Dialogue Teacher who teaches Insight Dialogue retreats worldwide. She has studied and practiced Vipassana meditation for over thirty years and, since 2001, she has studied and practiced Insight Dialogue with Gregory Kramer. She is a member of the Metta Teachers’ Council. Sharon also is a co-

founder and a guiding teacher of the Insight Meditation Community of Charlottesville, Virginia and is a graduate of the Community Dharma Leaders Program at Spirit Rock Meditation Center. She has over 30 years of practice as a clinical psychologist and has led workshops and retreats on meditation and its integration with psychotherapy for over 15 years. Sharon lives and works in Charlottesville, Virginia.



#### Co-Sponsored by:

Te Moata Retreat Centre and Metta Programs

#### Venue:

Te Moata is situated six kilometres north of Tairua in 850 acres of protected native bush. It offers simple accommodation and provides delicious, healthy vegetarian meals.

#### Schedule:

8 day retreat, Friday 22 February, xxx PM – Saturday 1 March xxxx PM, 2014

#### Cost:

\$xxx

*A limited number of free spaces are available combined with working as part of the service team*

**Dana:** This retreat is offered in the Buddhist tradition of dana. The teachers receive no payment and offer their time, energy, and wisdom as a gift to their students. Donations offered by the students at the end of the retreat support the teachers’ livelihoods.

#### Further information & registration:

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



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