

Cultivating a Joyful Heart: A Non-Residential Insight Dialogue Retreat

With Phyllis Hicks & Sharon Beckman-Brindley

sponsored by the Eno River Buddhist Community

Friday, September 25, 7:00–9:00 pm

Saturday, September 26, 8:30 am–4:30 pm



“The purpose of life is to be happy” —Dalai Lama

In difficult times, it can be a challenge to rest in awareness, allowing the clear knowing of stress and the mental and physical habits that sustain it. Shifting from unwholesome to wholesome states connects us with all of life, providing energy and spaciousness for clear seeing, wise action and a calm and joyful presence in the world.

In this retreat, we will practice silent mindfulness meditation and, together, the contemplations of Insight Dialogue to investigate the nature of the joyful heart and to cultivate a more nourishing awareness of this ever-present quality of being.

Insight Dialogue is a practice of exploring the Dharma while meditating in dialogue with others. Prior meditation experience is required. If you would like guidance about the suitability of this retreat for you, please contact Sharon, sharonbb@ntelos.net, or Phyllis, phyllishicks@mindspring.com.

About the teachers: Phyllis Hicks is a psychotherapist and minister. For 25 years she has melded eastern and western understandings of psychology and contemplative practice. Since 2004 she has studied intensively with Gregory Kramer in the practice of Insight Dialogue. She directs the Pastoral Care and Counseling Institute of Durham, NC, and teaches Insight Dialogue in the United States.

Sharon Beckman-Brindley is a clinical psychologist with a private practice in Charlottesville VA. She is a co-founder and co-teacher of the Insight Meditation Community of Charlottesville. She is a graduate of the Community Dharma Leader Program at Spirit Rock Meditation Center and has studied with Gregory Kramer in the practice of Insight Dialogue since 2001

These teachings are offered on a dana basis as a gift of the dharma. (Registration fees only cover administrative costs of the retreat.) At the end of the retreat participants will be offered the opportunity to support Phyllis and Sharon's work as teachers.

The retreat will take place in the Commons Room of the CARE Building at the Eno River Unitarian Universalist Fellowship on Friday, September 25, 7–9 pm and Saturday, September 26, 8:30 am–4:30 pm. Check-in will begin Friday at 6:30 pm. Please arrive early enough to be ready to begin the retreat at 7 pm. Please bring a vegetarian bag lunch on Saturday. Meditation cushions and chairs will be available.

To register, please detach and mail the form below with your check to: *Lori Ebert, 18 Indigo Creek Trail, Durham, NC, 27712*. Please make checks payable to “ERUUF” and write “ERBC retreat” on the memo line. The registration fee is \$30 per person. The registration deadline is September 20. The retreat will be limited to 24 participants. We will confirm your registration via e-mail or telephone. If you might be able to house a visiting meditator, please indicate this on your registration form; we will contact you should your assistance be needed. For more information about the retreat, including lodging options, please contact: Lori Ebert at lebert@nc.rr.com or 919-641-5008.

Please print clearly.

Name(s): _____

TOTAL ENCLOSED: # attending _____ x \$30 = _____

Address: _____

Could you house a visiting meditator?

Phone: _____

Yes. How many could you house? _____

E-mail: _____

No

If you are not already on our e-mail list for retreats and other special programs, would you like to be added?

Yes No already on e-mail list