

Insight Dialogue

With Phyllis Hicks
and Anne Michel

June 12 to 17, 2020

Maison Mudita, 1657 Abländschen



Insight Dialogue: Returning to Love. Insight Dialogue brings the Dhamma to life relationally in the body and heart as intuitive wisdom. Cultivating awareness of habitual tensions that maintain suffering and learning new pathways of release, establishes us freshly in the present moment. Returning to loving presence is a source of resiliency in the midst of life's challenges and supports our capacity to see clearly and engage wisely personally and socially.

The three bases of Insight Dialogue practice – meditation, wisdom, and relationship – form the foundation and a path of unbinding. In the good company of other meditators, we begin to realize the power of solitude and communion in our lives.

This retreat combines silent practice with guided Insight Dialogue meditation, Dhamma talks, mindful movement, and time in nature, all within the container of noble silence. This is an opportunity to encounter Insight Dialogue for the first time and also for experienced ID meditators to deepen their practice. Free from habitual speech, free from online communications, supported by nature, we learn that space of practice that moves wisely between words and the wordless. Prior silent meditation experience is required.

More information about the practice of Insight Dialogue can be found at www.metta.org

Place : Maison Mudita, 1657 Abländschen. From Lausanne, go to Bulle-Charney-Jaun. In the village of Jaun, go right toward Abländschen. Follow Abländschenstrasse for 8 km. Go past Zitbödeli restaurant, 1 km more, take the very tight turn on the right. The Maison Mudita is on your left after the turn.

If you come by the train, there is a bus from Bulle to Jaun. Then take a taxi from Jaun to the house. Please call a few days before if you would like help with the last leg of transportation.

Beginning of the retreat : Friday June 12 at 7 PM (light meal). **Arrival between 5 and 6.30 PM.**

Ending of the retreat: Wednesday June 17 around 4 PM

Bring with you: duvet cover, pillowcase and sheets (duvets and pillows are available), walking shoes and inner shoes, warm clothes (1300 meter high), toilet stuff and towels...

Retreat's fees: Frs 350.- to pay to Association Mudita, 1000 Lausanne IBAN: CH06 0900 0000 1713 2929 5 Bic-swift POFICHBEXXX. This includes board and lodging, transportation for the teachers, salary for the cook, organisation...If this price is too heavy for you, don't hesitate to ask for sponsoring.

DANA : According to tradition the teachings are considered invaluable and are offered freely to everyone. Teachers depend for their livelihood on freely offered donations at the close of the retreat. By caring for teachers in this way, communities of practice help to keep the teachings alive in the world.

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