

## Fall Retreat

# “Cultivating Wise Speech” and “The Three Ways of Seeing That Bring Liberating Insight”

with

## Donald Rothberg



Saturday, October 14, 2017 • 11:00am-6:00pm

There will be a potluck dinner immediately following Saturday's session

Sunday, October 15, 2017 • 9:00am-4:30pm

at O2 Yoga • 1557 Zerolene Place • Minden, NV 89432

### SATURDAY, OCTOBER 14

#### **Cultivating Wise Speech: Becoming More Skillful in Your Speech Practice**

Connecting our meditation practice with our speech and communication is one of the main ways to bring spiritual values into our everyday lives and our action in the world, and can help enliven and energize our practice, since we have so many chances for practice! This daylong retreat will integrate periods of sitting and walking meditation with talks, interactive exercises, and discussion. It will cover three main areas. In the morning, we will focus on (1) the basic teachings of the Buddha on wise speech and (2) foundational mindfulness practices for our speech. In the afternoon, we will apply these perspectives and tools to (3) learning how to practice wise and compassionate speech in difficult conditions—such as when there are difficult emotions, when there is conflict, or when there are challenging interpersonal or group dynamics.

### SUNDAY OCTOBER 15

#### **The Three Ways of Seeing That Bring Liberating Insight**

“Before long, knowledge and insight into impermanence, suffering, and emptiness will arise. This is the beginning of true wisdom, the heart of meditation, which leads to liberation. Follow your experience. See it. Strive continuously. Know the truth.” – Ajahn Chah, Thai Forest Teacher (1918-1992)

In this mostly silent daylong retreat, we will explore, both through teachings and through silent meditation practice, the three fundamental modes of freeing insight in Buddhist insight meditation. With a foundation in first stabilizing our attention, we will then focus our mindfulness practice on three areas (sometimes called the “Three Characteristics” of phenomena): (1) Impermanence (anicca), (2) reactivity (dukkha, often translated as “suffering”), and (3) not-self (anatta). When we do not see these three areas clearly, the mind, emotions, and body become fixated, habitual, and reactive, leading to suffering, confusion, and a lack of the free flow of our experience. When we are more aware of these areas, we learn to deconstruct and release such fixations, habits, and reactivity, opening more to a spacious and luminous awareness, to greater compassion, responsiveness, and freedom. We will explore several practices for each of these three areas and identify ways to bring these practices into daily life (a resource packet will also be given out). The daylong retreat will include periods of silent and guided meditation, talks, and discussion.

For more information, please contact Karen Kvasnicka: [karenkvasnicka@gmail.com](mailto:karenkvasnicka@gmail.com)

• PLEASE BRING A SACK LUNCH BOTH DAYS •

**Donald Rothberg, Ph.D.**, a member of the Teachers Council at Spirit Rock, has practiced Insight Meditation since 1976, and has also received training in Tibetan Dzogchen and Mahamudra practice and the Hakomi approach to body-based psychotherapy. He regularly teaches insight and lovingkindness meditation, and on transforming the judgmental mind, mindful communication and wise speech, working skillfully with conflict, and socially engaged Buddhism. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.