

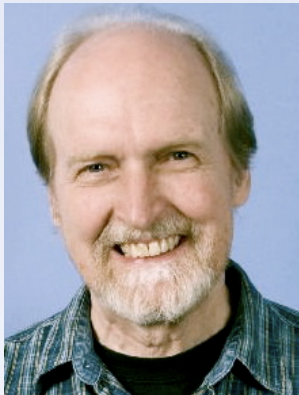
# Meditation Workshop

March 19 - 21, 2010

## Jhanas (Meditative Absorption States) and Dependent Origination

This **Nonresidential Workshop / Retreat** is for beginning and experienced meditators. Sitting and walking meditation sessions will be included.

**Introduction to the Jhanas** Leigh will describe the eight altered states of consciousness which the Buddha defined as Right Concentration. The details of the Jhanas will be discussed and instructions for entering them will be given. The relationship of concentration and insight will also be discussed. However in such a short time, no one should expect to actually experience any of the Jhanas - but perhaps be inspired to attend a longer retreat where they are taught.



**Dependent Origination** "One who sees dependent origination sees the Dhamma; one who sees the Dhamma sees dependent origination." Majjhima Nikaya 28. This teaching on the interdependence of phenomena is the heart of the Buddha's wisdom teachings. It is often described as a chain of twelve links - which we will look at in detail, and it also has many other important implications which we will also discuss.

**Leigh Brasington** has been practicing meditation since 1985 and is the senior American student of the late Venerable Ayya Khema. She requested that he begin teaching. Leigh assisted Venerable Ayya Khema starting in 1994, and has been leading retreats on his own since 1997 in both Europe and North America.

Since the death of the Venerable Ayya Khema, Leigh is the only person authorized by her who is currently teaching the Jhanas in North America. He is entrusted with the transmission of a practice given by the Buddha, which is in danger of being lost to the world.

**Dana** (generosity) From the days of the Buddha, the teachings have been considered priceless and offered freely. Today, teacher support continues to come from students' voluntary donations.

**Register** by mail or with credit card online at [www.westcoastdharma.org/retreats/nonresidential.htm](http://www.westcoastdharma.org/retreats/nonresidential.htm)  
Partial registration is only available for Friday night (\$10).



Asian Centre, UBC, 1871 West Mall

March 19, Friday, 7:15 pm - 9:00 pm  
March 20, Saturday, 9:00 am - 5:00 pm  
March 21, Sunday, 9:00 am - 4:00 pm

Cost \$75 (plus dana). Late registration (after March 5th) is \$85.

Fees cover retreat organizing costs. Voluntary donations (dana) for the teachings may be given at the retreat.

Call 604.731.5469  
Visit [www.westcoastdharma.org](http://www.westcoastdharma.org)  
Email [info@westcoastdharma.org](mailto:info@westcoastdharma.org)



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