

Meditation Workshop Retreat

May 11 - 13, 2018 UBC Campus

Opening to Pure Awareness

The simplicity, peace, and power of our true nature are clouded over by habitual patterns of thought and emotion. Our true nature is never separate from us, but always right here, and recognition of it is available at any moment. The Buddhist path for cultivating the conditions for recognition and stabilization of this awareness is a science of the mind.



Using the stability of the mind developed by concentration, emptiness meditations will help us to see how the mind constructs experience in a way that clouds over the open radiance of the mind's true nature. Nonduality meditations will help us further to set the conditions for the mind's true nature to shine forth.

These retreat teachings are influenced by Theravada teachings, Mahamudra, and Dzogchen. Dr. Mickel's teaching style emphasizes precise instruction, guided meditations, and group discussion of meditation experience.

Dr. Susan Mickel has been meditating for over twenty-five years and teaching meditation for over fifteen years. Authorized to teach Vipassana meditation by Mary Jo Meadow, PhD, Susan first taught Theravada Vipassana with Resources for Ecumenical Spirituality, which offers Christian-Buddhist retreats. From 2005 to 2015, authorized by Daniel Brown, PhD, she taught Indo-Tibetan Mahamudra with Pointing Out the Great Way. Currently she teaches an approach to opening to pure awareness that is influenced by Theravada teachings, Mahamudra, and Dzogchen. She also works as a behavioural neurologist and a clinical psychologist.

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.



Asian Centre, UBC, 1871 West Mall

May 11, Friday, 7:15 pm - 9 pm

May 12, Saturday, 9 am - 5 pm

May 13, Sunday, 9 am - 4 pm

Cost \$95 (plus dana). Late registration (after April 27th) is \$108.

Fees cover retreat organizing costs. Voluntary donations (dana) for the teachings may be given at the retreat. We ask that you make a dana offering to the teacher, in gratitude and support of the teachings – as best fits your circumstances and brings you joy in giving.



Register by mail or with credit card online at www.westcoastdharma.org/retreats/index.htm