

WESTCOAST DHARMA SOCIETY

OPENING TO PURE AWARENESS

Meditation retreat with Susan Mickel

The simplicity, peace, and power of our true nature are often clouded over by habitual patterns of thought and emotion. Our true nature is never separate from us, but always present, 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. Susan'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 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. Susan 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 thus offered freely. Today, teacher support continues to come from students' voluntary contributions.

Date and Location

May 11, Friday, 7:15 pm - 9:00 pm
May 12, Saturday, 9 am - 5:00 pm
May 13, Sunday, 9:00 am - 4:00 pm

Asian Centre
UBC Campus
1871 West Mall

Cost

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

Fees cover retreat organizing costs. Voluntary donations (dana) to the teacher may be given at the retreat, in gratitude and support of the teachings — as best fits your circumstances and brings you joy in giving.

For reduced-fee information, email info@westcoastdharma.org.

Information

Visit www.westcoastdharma.org
Email info@westcoastdharma.org

To register for the May 11 - 13 meditation workshop retreat, mail this form with cheque payable to: Westcoast Dharma Society, #310 - 2655 Cranberry Drive, Vancouver, BC V6K 4V5; or send completed form and e-transfer the fee to info@westcoastdharma.org; or register online with credit card at http://www.westcoastdharma.org/retreats/index.htm.

Name _____ Tel (home) _____
Address _____ Tel (cell) _____
City _____ Postal Code _____
E-Mail _____ (please PRINT mindfully)

This is my first Vipassana Meditation retreat/ workshop. Yes ___ No ___
I would be willing to help with the retreat (e.g. by helping to set up and restore the hall, Yes ___ No ___
by making tea, by making the teacher's lunch, by providing or purchasing flowers, etc.).
My preference would be to help by _____

Assumption of Risk and Release. Please read carefully before signing.
I assume all risk of damage or injury that may occur to me while practicing meditation at the Westcoast Dharma Society meditation retreat and while moving about the facility at which the retreat is held. In consideration of being accepted as a retreatant for this meditation retreat, I release and discharge Westcoast Dharma Society, and its agents, from all claims resulting from my participation in the meditation retreat.

I have read and understand this assumption of risk and release on _____ (date) _____ (signature)