

ANNOUNCING A "Five Month Abhidhamma/Insight Retreat"

WITH **Lama Mark Webber**

September 18th 2010 - January 15th, 2011

HOSTED BY **Crystal Mountain Society**

In response to our requests for another long retreat and a deep study of Abhidhamma, Lama Mark has proposed a five month retreat on Galiano Island in 2010/11.

The Abhidhamma (Pali for "Higher Laws" or "Higher Phenomena") is one of the three-baskets (collections) of the Buddha's teachings. In the Theravadin tradition it is considered to be the pinnacle of the Buddha's teachings. It is a deep study via meditative analysis of mind and form, states, meditative concentration, realms of being, mental processes, cognition and stages of liberation; all from the perspective of the Buddha's meditative insight. Abhidhamma studies combined with meditation are essential for better understanding the whole of Buddhist Teachings, especially the progressive unfoldment through meditative concentration and insight knowledge.

The Course/Retreat Plan is to have approximately three-months of Abhidhamma teachings, study and meditation, followed by two months of deep retreat on these profound teachings of Insight. Lama Mark stated that he will give the entire transmission of the text, the Abhidhammathasangaha, with some teachings from the Abhidhammakosa interspersed with modern cognitive, neuroscience, life sciences, ecology, physics/chemistry and space science perspectives. Be prepared to translate, study, investigate together, do lab explorations and meditate! The emphasis of this program will be on combining intellectual rigour with insight meditation in the tradition of Abhidhamma as Lama Mark received it from the Venerable Namgyal Rinpoche.

This retreat will go ahead in 2010: We are going to see if it is feasible to operate the retreat on the Crystal Mountain retreat property. This is a rare opportunity to obtain this precious teaching and build retreat cabins for Crystal Mountain. Then Dharma and meditation can happen all year round on Galiano Island. We recognize building a cabin can sound like a cost prohibitive venture! It is the goal of all the organizers to strive for affordability. If too costly or we encounter facility issues, this may influence our decision to locate the retreat elsewhere.

Retreat Costs: We are currently working on a budget and a plan to get cabins built. The plan is for the retreat costs to pay for a major portion of the cabins. A budget and retreat fee is expected within a couple months. Details will be shared regularly with those who are registered/interested.

If you seriously wish to attend this retreat or have any questions please contact Sunil Nathvani at

sunilawakes@yahoo.co.nz

Metta,

Sunil Nathvani, Rik O'Brien and Rafael Hoekstra

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