

Insight Meditation Spring Retreat

with Will James

22-25 November 2018, Bellingen N.S.W.



Retreat Information

Insight meditation allows us to see clearly the reactions and distortions that arise in our daily life. It cultivates an awareness of the freedom and clarity that is available in each precious moment.

The Retreat follows the 'Insight' format of Noble Silence: sitting and walking meditation periods, dharma talks, inquiry sessions, individual meetings with the teachers - along with mindful work and rest periods.

Teacher:

Will James has practiced Insight meditation for over 30 years and has taught for over 10 years. He is the resident teacher at Tallowwood Sangha and regularly leads meditation retreats in Australia and Bali. Will also teaches Dharma study with an emphasis on the Wisdom Teachings of the Buddha. For more info see willjamesinsight.com.

Venue:

North Farm Retreat Centre 165 Hydes Creek Rd. Bellingen 2454 <http://www.northfarm.com.au>

Directions to North Farm:

North Farm is just five minutes outside Bellingen (3 km). To get there (heading west along Waterfall Way), turn right at the Post Office, cross the Bellinger River and when you reach the roundabout at the Providore, take the right turn onto North Bank Road. About 0.5 km further on, turn left onto Hydes Creek Road, and you'll find us at number 165 (which is 1.65 kms from the turn-off, on the left). When you get to the farm entrance, please don't accidentally drive up Caines Hill Trail into the State Forest! Instead, turn left off Hydes Creek Road into the property and then 20m or so further on, take the left fork which leads straight up to the parking area.

Booking and Payment Procedure:

The retreat fee is **\$280** for camping with hot shower & toilet facilities and **\$350** for limited shared room accommodation (*please confirm you have received a room before making payment*).

This fee covers three vegetarian meals per day, accommodation, hire of the facilities, teacher travel costs, insurances, and administration expenses. The retreat is managed on a not-for-profit basis.

Tallowwood Sangha offers a subsidy for those under 25 and for those in financial difficulty. Please indicate on application form if you wish to be considered.

If you would like to contribute towards supporting a subsidy please add \$25 to your payment.

To book and pay please follow these steps:

1. Complete the event Application Form on the upcoming events table on the 'events' page on our website <http://tallowwoodsangha.org.au/events.html#upcoming>
2. Email the form to Guy at tallowwoodsangha@gmail.com
3. Make your payment according to instructions below. We would appreciate full payment on

application if possible. If this is a problem, you can make a \$100 deposit to secure your place. Full payment is required two weeks prior to the retreat.

4. Should your application be unsuccessful a refund will be made.

There are two options for payment:

- (1) Electronic Funds Transfer (EFT) to:
Bananacoast Community Credit Union BSB Number: 533000
Account Name: Tallowood Sangha.
Account Number: 179921 (*BCU members please use Credit External option*)
Please use '**SPRING**' plus your name as reference application and payment.
- (2) Deposit cash or cheque to the Tallowood account in any Bananacoast Community Credit Union branch, using account details as above.

Cancellations:

If for any reason you are unable to attend please let us know as early as possible. Cancellations will incur an administration charge of \$25. Cancellations less than **7 days** prior to the retreat commencement will incur a charge of \$100.

Arrival/Departure times:

Please arrive between 3:00pm and 5:00 pm on Thursday 22 November. This will allow you time to register, set up your tent or settle into your accommodation, set up your cushion in the hall and orientate yourself before a light meal around 6pm.

The retreat commences after the evening meal and it is important that everyone is seated in the hall by this time. The retreat will end after lunch on Sunday 25 November.

Attendance:

It is important that participants arrange their personal affairs before the retreat so that they can remain at the retreat venue and be undisturbed by external matters for the duration of the retreat. Should you find it necessary to leave the venue during the retreat it is very important that you inform the retreat manager prior to leaving.

Schedule:

The full days have an early optional exercise period e.g. yoga, walking or individual exercise. The retreat program consists of sitting, standing, walking & guided meditation, meditation instruction, group and individual meetings with teachers, inquiry sessions, evening Dharma talks and daily mindfulness work periods. A typical schedule is to be found at the sample schedules bookmark on the 'events' page on our website tallowoodsangha.org.au

The retreat is conducted in silence apart from meetings with teachers and essential communication.

Mindful Work Periods:

To minimize the daily cost of the retreat and to give participants the opportunity of contributing to the shared experience of retreat life there are some varied work tasks to be undertaken. These include assisting with kitchen/meal duties, cleaning and weather permitting, optional light gardening. If you intend to help with the gardening we recommend you bring suitable clothing and footwear.

Dana:

Insight Meditation teachers give generously of their time and energy during retreats. They receive no payment for this and are supported by donations from those attending retreats.

A Dana (donation) box will be placed outside the meditation hall for donations to support the teachers. Your gift of dana will assist Will to continue to give his time to you and other students.

What to Bring:

- **Meditation cushions and mat:** Firm cushions are required to provide sufficient support to elevate your pelvis about 10cm off the ground; use with a soft cushion on top if needed for comfort. A mat or folded blanket is essential to relieve pressure under the legs. A kneeling meditation bench is also a good alternative if you have one. Ordinary chairs are available for those not able to sit on the ground for longer periods of time.
- **Clothing:** Comfortable, modest and slogan free clothing suitable for sitting, walking and work period. Long sleeved, light coloured clothing can give some mosquito protection.
- **Meditation shawl or wrap:** The weather can be variable and may be cold in the early morning and evenings or if it rains, so bring something warm to wrap yourself in.
- **Torch**
- **Water bottle** (please leave outside the meditation hall):
- **Rain/sun protection:** Bring a hat, umbrella and/or raincoat and outdoor footwear for walking meditation periods.
- **Other useful items:**
Mosquito repellent and sunscreen.
Personal toiletries.
Towel

If camping - bring your tent, ground sheet, sleeping mat, sleeping bag, and pillow.

Etiquette on Retreat:

The retreat will be run under the protection of the five precepts to create a safe and supportive environment. All participants are invited and encouraged to take up the five retreat precepts.

The teachers are also committed to this practice. If any student suspects that an Insight teacher is slipping in ethical conduct, they are asked to discuss this with the manager.

The Five Precepts for the retreat are to take up the practices of:

1. Cultivating kindness and restraining from harmful actions.
2. Cultivating appreciation and generosity with possessions and restraining from taking what is not freely offered.
3. Cultivating inner joy and contentment and restraining from sexual expression.
4. Cultivating truthful and appropriate communication and restraining from speech that distorts or is damaging.
5. Cultivating clarity and restraining from habits that create dullness or heedlessness.

Smoking: If you normally smoke, the retreat is an opportunity to abstain. To aid this you may like to consider getting nicotine replacement patches before the retreat to reduce withdrawal symptoms.

Further information and registration:

Contact Guy at tallowwoodsangha@gmail.com or phone 0490 456 290