

# *An Enquiry into Freedom, Love & Dharma*

## ***A Bluegum Sangha Dharma Workshop***

***Saturday 13th October 2007***

***9 am till 5 pm***

***A day of talks, experiential workshops  
and small group discussions exploring  
the following topics;***



- \* What is freedom? Facilitated by Subhana Barzaghi***
  - \* What is the dharma? Facilitated by Winton Higgins***
  - \* What is love? Facilitated by Christopher McLean***
- Followed by a panel discussion with the three teachers***

### ***Cost***

***\$20 for the day***

***Light refreshments provided, and some meditation cushions***

***This cost does not cover payment for the teachers;***

***they rely on Dana (donation).***

### ***Venue***

***Level 2, 118-124 Willoughby Road,***

***Crows Nest (above the Crows Nest Club)***

## **About Bluegum Sangha**

*The Bluegum Sangha is a Buddhist Insight meditation group based in Sydney's North Shore. For more information see the web site*

*Insight meditation allows us to see through the habitual patterns of mind that create confusion, anxiety and pain. Through the practice of calmness, mindfulness and inquiry we can cultivate wisdom and open the heart. Open-Hearted inquiry awakens us to our true nature, allowing a sense of profound ease and connection with life.*

## **About the Teachers**

*Subhana Barzaghi's teaching emphasises liberation here and now through the practice of calm abiding and enquiry. She leads Zen and Insight Meditation retreats in Australia, New Zealand and India with over twenty-five years experience in Buddhist meditation.*

*Winton Higgins follows the western insight (vipassana) tradition and is particularly interested in the convergence of Dharma practice and progressive western values such as democracy, feminism and critical inquiry. He has led retreats and teachings at Wat Buddha Dhamma, the Blue Gum Sangha, Sydney Insight Meditators, and the Buddhist Library in Sydney.*

*Christopher McLean is a Vipassana teacher in Sydney, for the Blue Gum and the Tortoise Mountain sanghas. Chris has been practicing Buddhadharmā since the late 1960s. He brings to the teaching role his love of inquiry and dialogue.*