



SIM 2007 Annual new year retreat

A seven-day retreat:

Begins 27 December, 2007
until after lunch,
3 January, 2008

Venue:

Karuna Sanctuary, near
Katoomba, Blue Mountains.

Cost:

Early bird before 14 December:
\$650/\$595 (SIM members)
After 14 December:
\$695/\$645 SIM members
Part-Time:
\$100 per day

This unfolding life: Seeing into dependent arising

The New Year insight retreat has become something of a popular tradition, as this is the fifth year in a row that **Chris McLean, Radha Nicholson** and **Winton Higgins** will be leading it. It offers an excellent opportunity to reflect back on the old year, and to begin the new one meaningfully. Noble silence will be observed, except in group and individual interviews, and the daily dharma talks and meditation instructions. The daily schedule will include the usual formal sitting and walking periods, even if the emphasis will fall on calm and mindful abiding, rather than on very long hours of formal practice. Retreatants will be encouraged to keep journals.

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Retreat Application Form - Please return completed to:

Sydney Insight Meditators, PO Box 365, Chatswood NSW 2067

Name: Email:

Address: Phone:

..... Mobile:

..... Postcode:

I will be attending the retreat: Entire Duration Part-Time (I will attend days)

(All participants, part or full-time should commence on day one of the retreat)

Please read notes regarding payments on the reverse

What to bring:

Soap and other toiletries, insect repellent, a torch (essential!)
All bedding including towels, sheets and pillows
warm and cool clothes for changeable weather.
Notebook and pen if you wish to keep a journal of your practice.

Accommodation:

Is in dormitories or limited single rooms in renovated railway carriages on a first booked basis.

Meals:

Three vegetarian meals be provided each day.

Getting there:

Easy by car or train to Katoomba station. We'll supply maps and it is a short taxi ride from the station. Please let us know if you can offer anyone a ride.

Information and bookings:

contact@siminc.org.au
Leo Martyn
0430 193 600
John Millard
(02) 9488 8112

In line with the usual practice, this retreat has a special theme. On this occasion we will refresh our approach to the Buddha's central theme of dependent arising – the dynamics of cause and effect that steer our lives. But once we understand these dynamics through seeing deeply into them, we can work with them to change course, live less stressful and more meaningful lives, and then initiate a new chain of cause and effect that takes us to full awakening. In the context of a silent meditation retreat, dependent arising ceases to be mere doctrine and instead becomes a living and liberating practice and realisation.

About the teachers:

Chris, Radha and Winton have each practised Buddhist meditation for decades. They all teach in the modern insight tradition and are members of the Insight Teachers Circle of Australia. Radha is a regular dharma teacher in the Northern Rivers region of NSW, especially Bay Insight in Byron Bay. Winton and Chris are Sydney dharma teachers and regularly lead practice evenings of the Bluegum Sangha. Chris also teaches the Tortoise Mountain Sangha.

About the venue

Karuna Sanctuary, beautifully located in the Blue Mountains bushland close to Katoomba is a wonderful place to see in the new year in a contemplative and reflective way surrounded by bush and birdsong.

Dana (generosity):

In keeping with the Buddhist tradition that dharma teachings are priceless, fees do not include payment to the teachers. Retreatants will have an opportunity during the retreat to practise generosity through a donation to the teachers, in support of the teachings.

Making Payments to SIM:

By Electronic Payment (preferred): Either through your internet banking or in any NAB Branch using the account details below, ensuring you CLEARLY IDENTIFY YOUR PAYMENT.

Account Name: Sydney Insight Meditators Inc, National Australia Bank

Account Number: 588851681 **BSB:** 082-289

Identifying Your Payment: SIM receives many payments and those not clearly identified can become lost or confused. We therefore ask you to quote the booking code **NY07** and combine it with your name, for any internet or branch payment. For example: **NY07 - John Smith**. If your internet banking does not allow this, it is essential that you email us immediately when you make a payment with as much information as possible, including date and time - contact@siminc.org.au

By Cheque: Payable to 'Sydney Insight Meditators Inc'

Post to: Sydney Insight Meditators, PO Box 365, Chatswood NSW 2067