

2-Day Retreat: Teachings on Love and Compassion: Awakening the Heart: Cultivating the Mind

Facilitator: Dr David Brazier

Venue: Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB

Dates: Saturday 29 - Sunday 30 November 2014

Registration: 9.30am-10am. Event: 10am-5pm



A 2-day retreat with meditation and Dharma teachings, discussion, a modicum of ritual, and plenty of opportunity for self-exploration. We shall meet to practice together. Those who do not have previous experience of meditation or Buddhist practice will find this a valuable way to get a taste for this ancient path and those who do have experience will find the approach refreshingly distinctive. Buddhism is a spiritual way that encompasses great diversity yet perennially returns to core values of love, compassion, peace and wisdom. These qualities are not just academic concepts but qualities that may be awakened in us. Once the heart is aroused, the mind naturally finds a way. This being a retreat the emphasis is upon contemplative practice, but conceived in the frame of the importance of actual compassionate action in the world.



Cost: £100. For a Registration Form:

Contact: Neill Walker, mesp2014@hotmail.co.uk, 0131 331 4469