

Developing Wisdom through Mindfulness of the Six Sense Bases

a weekend non-residential retreat,

January 25th, 2013, starting at 7:00 p.m. through January 27th at 1:00 p.m.

sponsored by The Eno River Buddhist Community

led by Callie Justice and Steve Seiberling

A core question for contemporary lay practitioners is: How can I strengthen and deepen my practice of the Buddha's path in the context of lay life? Or, put another way: How could my normal "daily life" more closely resemble life "on retreat?" The non-residential retreat structure—moving back and forth between the retreat center and the home over the course of the weekend—offers particular advantages as a framework for this inquiry.

In order to help us discover ways of bringing "retreat" to our homes, the Eno River Buddhist Community plans to offer one weekend non-residential retreat in each quarter of the coming year. The 2013 Winter Weekend Non-residential Retreat will emphasize two core practices drawn from the early discourses of the Buddha.

Mindfulness of Breathing

Instruction and discussion will be offered on the practice of mindfulness of breathing (*ānāpānasati*). Many of us have received instruction on the beginning stages of breath meditation. The teachings on this retreat will provide foundational instruction to introduce newcomers to this form of practice, as well as provide information about the latter stages of mindfulness of breathing to support those wishing to further develop this meditation practice.

Contemplations on the Six Sense Bases

In the discourses of the Pāli Canon, the Buddha frequently recommends practices of contemplation and reflection focused on specific themes or aspects of experience. One such theme is the six sense bases (*sallāyatana*). Retreat leaders will discuss the Buddha's teachings related to the six sense bases, and will teach a number of approaches to working with contemplation of the sense bases. Instruction and handouts will be provided so that participants can practice these contemplations independently during the course of the retreat. Investigation of the Buddha's teachings regarding the six sense bases offers support for cultivating mindfulness in daily life and for developing insight leading to wisdom.

This retreat will be structured to support each participant in finding her/his way through the weekend following a personal path of practice. We do not all need the same thing at the same time. In service of this core intention, the retreat will provide:

- a pre-retreat individual consultation with one of the retreat leaders for each participant to plan optimizing the weekend's practice, both while at the retreat center and while at home (a pre-retreat handout will be provided to help with this planning as well);
- sitting and walking meditation periods designed to allow participants to work with what best supports their practice needs as the retreat unfolds;
- opportunities to check in with retreat leaders during the course of the retreat;

- encouragement and assistance to help each participant discern when to focus on meditation practice and when to focus on practice related to contemplation of the six sense bases.

The retreat will be held at a house in the Watts-Hillandale neighborhood in Durham, NC.

Retreat Leaders

Callie Justice became involved with the Buddha’s teachings about 16 years ago, initially working primarily with teachers who were versed in the mindfulness approach taught through the Insight Meditation Society. Over the past several years, she has found a great deal of benefit from the contributions of teachers such as Bhante Sujato and Richard Shankman who draw on the Pāli suttas to teach developing strong concentration along with mindfulness in meditation, and emphasize developing meditation practice to work with the whole of the Eightfold Path.

Steve Seiberling began exploring Buddhist meditation in 1993, and not long after started participating in the group that became the Eno River Buddhist Community. Study of the discourses of the Buddha has been a priority for Steve in recent years. He is also drawn to the teachings of several Theravādin monastics, especially Bhikkhu Bodhi, Bhikkhu Sujato and Thanissaro Bhikkhu. In 2008 he completed the Community Dharma Leader program offered through Spirit Rock Meditation Center.

Registration and Contributions

The fee for registering for the retreat is \$25. (Should this fee present a barrier to participation, please contact Callie Justice. No individual will be turned away for lack of funds.) The registration fee supports the activities of the Eno River Buddhist Community, and does not provide compensation to the retreat leaders. Callie and Steve offer these teachings freely as a gift of the Dhamma. Participants who choose may make contributions to the retreat leaders to support them in developing their study and practice of the Dhamma. For more information please contact Callie Justice at (919) 286-5041 or justice.callie@yahoo.com.

*To register, please mail the form below along with your check (\$25/person), postmarked no later than **January 15**, to the following address. Please make checks payable to “ERUUF,” and write “ERBC retreat” on the memo line.*

Callie Justice
2027 Pershing St.
Durham, NC 27705

Name: _____
Address: _____

Telephone: _____
Email: _____

| Registration Payment | |
|-----------------------|-----------------|
| Number attending: | _____ |
| Pre-registration fee: | × \$25 _____ |
| Total enclosed: | \$_____ |

If you are not already on our retreat email list, would you like to be added? (The list is used only to provide information about special events of the Eno River Buddhist Community.) Yes No