

Dhammavicaya: Investigation of Dhammas

A meditation retreat with Gloria Taraniya Ambrosia
Sponsored by the Eno River Buddhist Community

Friday, January 17 – Saturday, January 18, 2014
Eno River Unitarian Universalist Fellowship, Durham, NC



Dhammavicaya, or investigation of dhammas, is the quality of mind that makes it possible for us to objectively discern what we are experiencing in any given moment... to know it without attachment. As one of the energizing Factors of Awakening, it is a key player in the process of liberating the mind. Given our strong habit of identification with the body and mind, however, it can take some time to develop it. During this two-day workshop, we will learn about investigation of dhammas—what it is, what it is not, how to develop it, and how to skillfully work with it.

The retreat will be held in silence. Participants will practice mindfulness techniques while sitting, walking, eating, and moving about throughout the day. This retreat will include Dhamma reflections, meditation, and discussion and is suitable for new and seasoned practitioners.

Gloria Taraniya Ambrosia has been a Dhamma teacher since 1990. She is a student of the Western forest sangha, the disciples of Ajahn Chah and Ajahn Sumedho. She is a Lay Buddhist Minister in association with Abhayagiri Buddhist Monastery in California. She served as resident teacher of the Insight Meditation Society in Barre, Massachusetts from 1996 through 1999. Gloria Taraniya is a Core Faculty member at the Barre Center for Buddhist Studies where she does much of her teaching.

Gloria Taraniya has led retreats for the Eno River Buddhist Community since 2003, offering much valuable teaching and support.

The Eno River Unitarian Universalist Fellowship (ERUUF) is located at 4907 Garrett Rd. in Durham, N.C. The retreat will be held in ERUUF's Fellowship Hall. A map of the ERUUF campus along with directions can be found at: www.eruuf.org/About/Directions/Map/index.html.

The retreat will be offered on a *dana* (generosity) basis. Retreatants will have the opportunity during the retreat to offer donations to the teacher and to the Eno River Buddhist Community to support the continuation of the teachings. A refundable deposit of \$40 is required to reserve a space in the retreat. Your deposit will be refunded as long as you attend the retreat, or cancel by Tuesday, January 7th. Those who cannot afford to offer the refundable deposit are invited to request scholarship assistance.

The retreat will begin at 7:00 p.m. on Friday, January 17th and will close at 5 p.m. on Saturday, January 18th. While this is a nonresidential retreat, participants will benefit from holding the entire period of the retreat with mindfulness replicating as much of the retreat environment during the over-night time away from the retreat setting as is possible. Gloria Taraniya plans to offer teachings which build from Friday evening through the close of the retreat on Saturday, and participants are encourage to be present for the entire retreat.

Please bring a bag lunch for Saturday's mid-day meal. Refrigeration will be available as will limited facilities for heating food. You are welcome to bring any cushions, etc., that you prefer to use in support of your sitting meditation practice. Chairs, zafus, zabutons and a limited number of pillows will be provided for those who need them.

In order to maintain a focused retreat environment for all, please plan to arrive on time and to participate through the conclusion of the retreat.

For general information regarding the retreat or to apply for a scholarship, please contact Callie Justice at justice.callie@yahoo.com or at (919) 286-5041.

Please pre-register to ensure reserving a space and to help retreat organizers in planning for the retreat. To pre-register, please mail the form below along with your check, postmarked no later than **January 7th**, to: **Betsy Crites, 916 Knight Dr., Durham, NC 27512**. Please make checks payable to "ERUUF," and write "ERBC retreat" on the memo line.

Directions to ERUUF and additional retreat information will be included in an email or letter confirming your registration.



Name: _____
Address: _____

Telephone: _____
Email: _____

Pre-registration Payment

Number attending: _____

Refundable deposit: × \$40 _____

Scholarship fund: _____

Total enclosed: \$ _____

Would you like to be added to the Eno River Buddhist Community's email list to receive information about retreats and other ERBC-sponsored activities? Yes No

If you would like to contribute to the ERBC Scholarship Fund, please enter the amount in the "Pre-registration Payment" box above.