

# Establishing Mindfulness of Body through Contemplation of the Four Elements



*A residential retreat for women*

*Sponsored by the Eno River Buddhist Community  
Led by Callie Justice*

*Friday to Sunday, November 6–8, 2015, Pelican House, Emerald Isle, NC*

The Buddha taught contemplation of the four elements as a practice for establishing mindfulness of the body which is a key aspect of right mindfulness—the seventh factor of the Noble Eightfold Path. Contemplation of the four elements (earth, water, fire, wind) appears as a core teaching on cultivating right mindfulness in all currently available versions of the early discourses. On this retreat, participants will be supported to develop mindfulness of each element both internally—within our individual bodies—and externally—as we encounter the elements in the world around us. The interweaving of mindfulness of the elements throughout the activities of the day as well as during meditation will be encouraged.

This women’s retreat will be limited to 11 participants. A framework will be provided as a container for the practice of the group as a whole. Within that framework, there will be space for each individual to discern what she needs to do at any given time in order to wisely develop her personal retreat experience. ***The retreat will be held in noble silence.*** The retreat environment will be structured to support the cultivation of continuous careful attention (*yoniso manasikāra*) both on and off the cushion. Dhamma talks, instruction in breath meditation, guided contemplations and interviews with Callie will be offered. The retreat is intended to benefit both those who are new to the Buddha’s path and those who are more experienced.

**Callie Justice** is a Licensed Clinical Social Worker and psychotherapist. She began to seriously explore the Buddha’s path in the mid-1990s, and has been a Practice Leader with ERBC for over 16 years. The teachings of the Buddha as presented in the early discourses are her primary source for developing understanding and practice. She especially appreciates the teachings of scholar-monastics such as Bhikkhus Sujato, Brahmali, Bodhi, and Anālayo and benefits deeply from ongoing sharing with good friends on the path.

Callie offers leadership for this retreat as a practice of *dāna*. *Dāna*, or “giving,” is a central practice taught by the Buddha. In relating to others from a sense of open-handedness, freely giving (particularly in support of the growth of the Dhamma), we create rich conditions of mind and heart for the development of the Buddha’s path.

Pelican House is located on the campus of the Trinity Center, on Emerald Isle, N.C. Nestled in an enchanting maritime forest next to the sea, Pelican House is fully handicap-accessible. Retreatants will have access to the beach through a private forest path located next to the house. From Pelican House walking paths also access natural features of the larger campus including ponds and the tidal estuary bordering the center: <http://www.trinityctr.com/>.



The retreat will begin at 5:00 p.m. on Friday, November 6th and will close at noon on Sunday, November 8th. Check-in at Pelican House begins at 4 p.m. on Friday. Please plan to arrive by 5:00 p.m. at the latest to allow time for settling in before supper.

Directions to the Pelican House and other retreat information will be included in an email confirming your registration. Participants will also be contacted to facilitate car pooling.

The Eno River Buddhist Community does not want financial constraints to prevent anyone who wants to participate from being a part of this retreat. Therefore, scholarship assistance is available. For general information regarding the retreat or to apply for a scholarship, please contact Callie Justice at [justice.callie@yahoo.com](mailto:justice.callie@yahoo.com) or at (919) 286-7500.

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

To register, please mail the form below along with your check, postmarked no later than **October 20th** to: Kate Young, 2018 Pershing St. Durham, NC 27705. **Please make checks payable to "ERUUF," and write "ERBC retreat" on the memo line.** (Note: There are a limited number of 'single' bedrooms available. Room assignments will be made on a first-come basis.)

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

<b>Registration Payment</b>	
Number attending:	_____
Registration fee:	_____ × \$240
Single room (+ \$40):	_____
Scholarship Fund:	_____
Total enclosed:	_____

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

Please add me to the ERBC email list to receive:  All messages; or  Retreat & special event information only.