

Meeting the Heavenly Messengers

Cultivating the Mindfulness of Aging, Illness, Death and Awakening

*A residential/non-residential weekend retreat with Bob Stahl
October 26-28, 2018, at Queens House of Retreats, Saskatoon*



The title of the Heavenly Messengers is drawn from the legend of the Buddha's early life. Prince Siddhartha, the Bodhisattva, lived in a protected world unaware of the most elementary facts of human life. Curiosity led him out beyond the palace walls, where he encountered the four "Heavenly Messengers" that were to change his destiny. The first three were a sick person, old person and a corpse; the fourth was a wandering ascetic, who revealed to him the existence of a path through suffering to freedom. In the process of awakening, we are all called upon to meet illness, aging, and death face to face. An honest encounter with these facts of human existence reveals the transient nature of life, shows us "what matters most" and serves as a catalyst for profound transformation. In this retreat, we will:

- Develop a wise, personal relationship with the "Heavenly Messengers" and learn how embracing these experiences can lead to a fully engaged life characterized by wisdom and compassion.
- Express our personal understanding through compassionate action by mindfully accompanying those who are living with chronic pain and serious illness, the challenges of aging, loss and bereavement, or the experience of dying.

Bob Stahl is a long-time practitioner of insight meditation. He is the Guiding teacher for Insight Santa Cruz, also teaching at Spirit Rock Insight Meditation Center and the Insight Meditation Society. Bob lived in a monastery for eight years, and has studied with the renowned Burmese masters Taungpulu Kaba-Aye Sayadaw, Hlaing Tet Sayadaw, Dr. Rina Sircar and Pokokhu Sayadaw, and has extensive experience with teaching body based practises. He has a PhD in Philosophy and Religion with a specialization in Buddhist Studies, and is the author of "Living With Your Heart Wide Open", "Calming The Rush Of Panic", "A Mindfulness-Based Stress Reduction Workbook for Anxiety", and the co-author of "A Mindfulness-Based Stress Reduction Workbook". He also teaches Mindfulness Based Stress Reduction with Dr. Jon Kabat-Zinn, and directs Mindfulness-Based Stress Reduction programs in six Bay Area medical centers.

Retreat Starts at 7 PM October 26 and ends at 5 PM October 28

Cost for residential option: \$385 if registered on or before October 12; \$410 after that date. Includes breakfast, lunch and dinner Oct. 27 and breakfast and lunch on Oct 28.

Cost for non-residential option: \$166 if registered on or before Oct 12, \$191 after that date. Includes lunch and dinner Oct 27 and lunch Oct 28.

On line registration is available at: <http://saskatooninsight.com/forms/view.php?id=24651>

Or see web-site at www.saskatooninsight.com for registration form

To contact SIMC call Doris at 306 242 5004 or email dwlarson@sasktel.net

Sponsored by Saskatoon Insight Meditation Community

Registration Information

On line registration is available at:

<http://saskatooninsight.com/forms/view.php?id=24651>

To register by mail, please complete this form:

Name _____

Address _____ postal code _____

Telephone _____ email _____

Please select the retreat option you wish to register for:

—— Residential - early registration (on or before October 12): \$385; late registration: \$405

—— Non-residential - early registration (on or before October 12): \$166; late registration: \$191

These fees cover expenses only. An opportunity to practice dana for the teacher will be available. (see 'dana' below). All rooms are single occupancy. Please make cheques payable to Saskatoon Insight Meditation Community and send to Saskatoon Insight Meditation Community, c/o Doris Larson, 809 5th Ave. N. Saskatoon S7K 2R7. The full fee is due upon registration. *Your spot will not be reserved until payment is received.*

Cancellation Policy:

For cancellation on or before October 12th, 2018, all funds will be returned.

For cancellation after October 12th a fee of \$100 will be retained.

Please sign this waiver and return with your registration form:

Assumption of risk and release (please read carefully before signing)

I assume all risk of damage or injury that may occur to me while on this retreat and while moving about the facility at which the retreat is held. In consideration of being accepted as a retreatant for this meditation retreat, I release and discharge the Saskatoon Insight Meditation Community and their agents from all claims resulting from my participation in the meditation retreat. I agree to this assumption of risk and release.

Signed: _____ **Date** _____

Witnessed by: _____ **Date** _____

Please share this information with us in order to serve you and others better:

First time at a meditation retreat _____ or Have attended other insight meditation retreats _____

How did you learn of this retreat? Paper poster _____ E-poster or e-mail _____ Web site _____

Friend or meditation group _____ Other _____

I would appreciate a ride _____ or I would be able to offer another participant a ride/car pool _____

Other Information:

Scholarships:

We are a small organization but through the generosity of our community members, we have some funds set aside for a few scholarships of up to 50% of the retreat fee. We want to support you if the cost of the retreat is prohibitive for you. We invite you to write us a letter, sharing your circumstance and what you can afford to pay. Please send your letter to Doris Larson at dwl Larson@sasktel.net or 809 5th Ave. N. Saskatoon S7K 2R7. We do not have a lot of money to spread around, but we will work with you to try to make a retreat possible. We want you to come!

The retreat will be held in noble silence except for discussions with the teacher.

It is important to arrive on time. Please plan to attend all sessions. You are encouraged to take care of all errands and personal matters before Thursday evening so that you can create a quiet mind which will support your retreat. Thank you for your interest and support of this meditation retreat.

The Practice of Dana:

In the tradition of our practice, this retreat is offered freely, with an opportunity to practise dana. For the past 2600 years, it has been the tradition in Insight Meditation that the teaching which establishes wisdom and compassion should be freely given, consequently the teacher receives no payment. For his or her support, the teacher relies on donations from students and friends who appreciate the value of the guidance they have received. This expression of gratitude is one form of dana, the Pali term for generosity. An opportunity to support the teacher through this practice will be given at the end of the retreat. There will also be an opportunity to contribute dana for the cost of the space, teacher travel and accommodation.

What to Bring:

Straight backed chairs will be available. All other sitting materials must be brought with you. You will likely want to bring a cushion and mat, or blanket, especially if you plan to sit on the floor or for possible mediation sessions while lying down. Warm, comfortable, loose fitting clothing is best for indoor wear and a blanket or shawl, for extra warmth, as well as outdoor clothing that is appropriate for the weather.

Location and Parking:

Free parking is available on Queens' House lot

Please refrain from wearing scent or using scented products to assist those with allergies.