

Dharma Contemplation: Meditating Together with the Suttas

For more experienced students

Offered by the SLC Insight Meditation with Jaya Rudgard

Sunday, December 10, 2017

Dharma contemplation as developed by insight meditation teacher Gregory Kramer, is both a reading practice and a meditation practice. As a reading practice it brings the discipline and techniques of meditation to the task of understanding a text and embracing the wisdom it offers. As a meditation practice, it takes the process of reading as the object of contemplation for the heart-mind. We will use this method to explore one or more key passages from the suttas, the earliest recorded teachings of the Buddha.

The workshop will begin and end with a period of silent meditation. No preparation or advanced reading is required; copies of the readings will be provided on the day.

This workshop is for experienced students only, eg. those who have regularly attended a weekly sitting group for at least 4 months or who have attended 2 or more daylong retreats or a residential retreat in the insight meditation tradition (or some combination of the above).

Jaya Rudgard began meditating as a teenager in the UK. From 1996- 2005 she practiced as a nun in the Thai forest tradition with Ajahn Sumedho as her main teacher. This tradition emphasizes mindfulness in all aspects of daily life in order to learn from our direct experience what leads to suffering and what leads to freedom. Jaya's passion is sharing this inquiry and path of practice with others both inside and outside the context of traditional Buddhism. She now lives in Oxford, England where she leads a weekly insight meditation group and teaches mainstream mindfulness and mindful self-compassion. She has trained with Jack Kornfield, Joseph Goldstein and others through the Spirit Rock/IMS teacher training. She teaches at Gaia House, IMS, Spirit Rock and other Insight Meditation Centers.

Where: The home of Diane Schaefer and Deb Dolph; 3137 S. 3360 E., Salt Lake City

*** Please note there is a wonderful puppy and 2 cats that reside here. Every effort will be made to clean and prepare so allergies are not affected. If you have allergies, let Diane or Deb know (on the registration form) or in person. Please also bring any medications that will assist you in attending this wonderful day without the sufferings of allergies.

When: Sunday, December 10, 2017; 11:00 a.m. – 5:00 p.m.

How: **Go online to www.slcsinsight.org to register.**

What to bring: Please bring some snack and drinks for yourself. We will also have teas available and some snacks. We will not have a formal lunch time as the day is shorter. Individuals can attend to their food needs as needed thru out the day. We will have chairs to sit in, but if you want a cushion for meditation bring your own cushions.

Cost: \$10 - \$20 (sliding scale) depending on what you can afford. This amount covers the transportation costs of Jaya, printing costs and other items. Please note, no one will be turned away. If the cost is a concern, there is a spot for scholarships on the registration form.

Dana: All of the Buddha's teachings are offered freely by Jaya. At the end of the day there will be an opportunity to offer a monetary support to the teacher. This tradition is over 2500 years old. This tradition supports the teachings going forward. There is no set amount for this offering of generosity and it is NOT required.

Potluck: We will end the day with a potluck dinner for those who would like to stay and visit. You are welcome to bring a simple dish to share. We will begin this about 5:00 ...

Questions: Please email Diane Schaefer at tolo2@aol.com or call or text Diane at 801-884-6633.