

Insight Dialogue Meditation



SLC Insight Meditation Community is hosting Bhante Sukhacitto for three days in October.

Thursday, October 25, 6:30-8:30 pm: - Evening meditation at Zion Church

Saturday, October 27, 9 am - 6 pm: - Day-long retreat practice at Zion Church

Sunday, October 28, 10 am - 5 pm: - Dharma Contemplation, a simple, contemplative practice that enables us to enter into the Buddha's teachings at 3137 S 3360 E, SLC.



Insight Dialogue is an interpersonal meditation practice grown from the Vipassana tradition. Through dialogue, the mindfulness and tranquility of traditional silent meditation is introduced into interaction with others. This enables us to perceive, understand, and apply an acceptance of others and ourselves in the busyness of our lives. As humans, we are creatures that are interrelated. As we awaken to this experience, insight, clarity, ease and joy flow into our relationship with others.

Bhante Sukhacitto is an Insight Dialogue Teacher. Born in Germany in 1963, he first came into contact with Buddhism in Thailand. He ordained there as a monk in 1990, returning to the west a few years later. Since then, he has lived at various monasteries, including Dhammapala Monastery in Switzerland and Amaravati Monastery in the UK. On his first Insight Dialogue retreat in 2005, he was amazed by the powerful experience of meditating together with other people, leading him to join many more Insight Dialogue retreats. He was trained as an ID teacher by Gregory Kramer and others and teaches ID worldwide.

In 2016 he established the Kalyana Mitta Vihara - House of Noble Friendship in his hometown in Germany.



PRICE: Monastics support themselves exclusively through Dana (generosity). You're invited to give based on your ability to pay and your appreciation of the teachings.

For more information and to register for any of the offerings, go to SLCinsight.org

Or Contact Bonnie Edwards
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