

“Things Are Not As They Appear” - Four Ways of Training and Inquiry



Daylong: 9 am – 5 pm

October 27, 2018

Led by Donald Rothberg

The central metaphor of our spiritual practice is that of *awakening*, of "waking up" from being asleep and often living as if in a dream. The understanding is that we don't see our lives and experience clearly; things are not as they appear to us. Yet seeing clearly, with wisdom and compassion, and responding skillfully, are possible!

In this daylong, we explore four ways that we see in a distorted manner, working with understandings and practices to help us see more clearly in these four areas. We begin with what is easier to see and move in the afternoon into more subtle dimensions. We investigate how we often see in four problematic ways: (1) through the lens of the personal self; (2) through our social conditioning; (3) by imagining a world of solid, enduring, separate individual beings and objects (as opposed to seeing impermanent, “empty,” interdependent phenomena); and (4) by seeing a separation between oneself and all else (other selves and objects), where there is ultimately non-separation. The daylong will include sitting and walking meditation, including some guided practices, with short talks and discussion.

Donald Rothberg, Ph.D., a member of the Teachers Council at Spirit Rock Center and a teacher at the East Bay Meditation Center, both in Northern California, has practiced Insight Meditation since 1976, and has also received training in Tibetan Dzogchen and Mahamudra practice and the Hakomi approach to body-based psychotherapy. He regularly teaches insight and lovingkindness meditation, and on transforming the judgmental mind, mindful communication and wise speech, working skillfully with conflict, and socially engaged Buddhism. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*.

Date: Saturday, October 27
Time: 9 am – 5 pm
Location: Milford Chapel, Park Road Baptist Church, 3900 Park Road, Charlotte, NC 28209
Cost: \$35 registration fee (No one turned away.) See website for cancellation and refund policies: http://www.insightmeditationcharlotte.org/meetings_and_events.html
Dana (donations) are encouraged for the teacher, who is not otherwise compensated.
Contact: To register, email Ana: IMCCnregistrar@gmail.com **Registration required.**

