

Insight Meditation Course

with **Lynne Bousfield**

Thursdays: 9, 16, 23 July & 6 August 2009

6.30 – 8.00 pm (please attend all sessions)

Vipassana (Insight) meditation is the development of understanding or “insight” through the cultivation of mindfulness. The understanding we develop equips us to help ourselves with our lives - to find happiness by knowing where to look. Mindfulness transforms confusion and painful emotions into mental stillness, composure and clarity.

The course is suitable for those who have previously practiced in this tradition, as well as new students to meditation. Sessions include periods of instruction and individual guidance as well as silent meditation practice and opportunity for discussion and questions. The course is structured such that each session builds on the understanding of the previous week. An optional Practice Day of 6 hours of practise/guidance/discussion is offered on 8 August.

Venue: Black Lotus Yoga Studio, 1st fl 2 Gladstone St (cnr Wilford), Enmore

Please remove your shoes at the bottom of the stairs on the way up to the first floor studio. Please bring your own mat/cushion/stool – there are limited chairs.

Course cost: \$80 (payment on the first night)

Optional practice day offered on Dana: Traditionally the teachings of the Buddha have been supported by the practice of dana. Dana is the development of generosity: Dana to a teacher is a subtle and sophisticated approach to the teacher/student exchange. An appropriate dana cannot be prescribed but we do need to be sensitive to its intent in that the responsibility for meeting all costs and expenses associated with the teachings (for example, venue costs and the livelihood of the teacher) is borne collectively by the participating students.

Course registration/enquiries: 0408 426732 or Bousfieldl@ozemail.com.au

About Lynne Bousfield: In 1975 Lynne began practising Insight meditation in BodhGaya, India and continued her study in Burma, when it became possible to undertake long-term practise there in 1980. She has returned to Burma regularly for intensive practice and to develop her understanding of meditation. She helped establish Vipassana Meditation in Australia and was co-founder of the Blue Mountains Insight Meditation Centre (BMIMC). She teaches meditation retreats and courses regularly in Australia and overseas.



Lynne began working as a clinical psychologist in Sydney in 1992 and has developed a unique and special combination of skills from her meditation and clinical training. Her meditation understanding has allowed her to teach clients to apply mindfulness to loosen the grip of distressing emotions and thereby transform daily suffering into a happier, engaged life. Lynne is regularly invited to speak and present on her clinical work at national and international psychology conferences.