



Wellington

Lama Mark Webber

The Essence of Meditation: the practice of awareness and compassion

Contact: Sunil Nathvani on 04 470 7545 or email sunilawakes@yahoo.co.nz

Venue: Emmaus Retreat & Spirituality Centre
78 Hobson Street, Thorndon, Wellington
(next door to the Australian Embassy)

Programme of Teachings

Dates	Time	Programme	Course Fee
Thurs 7th May and Fri 8th May	7.15 pm	Teachings and meditations	\$20 per day or \$10 per day for students
Sat 9th May and Sun 10th May	9am-8.30pm	2 days urban retreat	\$50 per day or \$35 per day for students
Tuesday 12th May	7.15 pm	Vajrasattva Wongkur and pith teachings	\$20 per day or \$10 per day for students
Wednesday Morning May 13th	9:30am-10:30am	Vajrasattva meditation instructions	Free (only for those who attend the Wongkur or who have received a Vajrasattva Empowerment previously)
Wednesday Evening May 13th	7.15 pm	Question & Answer Session with Lama Mark	\$20 per day or \$10 per day for students

This is a non-profit retreat. Please bring valid student ID's for student prices

Note: *The teachings are offered freely, if you cannot pay the above, please contact Sunil to discuss. All are welcome and will be supported if needed.*

Please also bring Dana (donations) or Koha for Lama Mark's teaching.
Please give as generously as you are able to help support Lama Mark's teaching. The course price does not include dana/koha.

A Two Day Urban Retreat (9am – 8.30 pm): Sat 9th May and Sun 10th May - (Please bring your own lunch/dinner and cushion, stool and blanket)

Topic: The Essence of Meditation: the practice of awareness and compassion through contact with breath

With guidance from Lama Mark we will explore and discover connections between breath, mind and body. By mindfully following the various qualities and patterns of energy in the body and mind we keep loosening and brightening, into natural aliveness, joy and interest. Then we discover the inner principles of meditation and compassion.

“Ever wonder why we really meditate? Essentially, penetrating beyond the calm mind lies the wondrous natural universe, as it is. This transcendent state is non-other than what is naturally present—suchness—and that is extraordinary! As the universe is fundamentally open, immediate, spontaneous and alive, so too are you! How could it be otherwise? This natural state needs no gold leaf or fancy lights to make it any better than it is. Yet, to experience this directness and openness, which is always present in each one of us, requires a combination of deep relaxation, love and crisp awareness that is not normally apparent due to a very busy story making consciousness. When the story making ceases, the mind relaxes and it discovers an amazing universe, inner and outer. And one’s being undergoes profound physiological and psychological changes. Eventually the interest to question, discover, be generous and compassionate is effortless and utterly spontaneous. Only one’s fear and anxiety of being in love and wonder with how things actually are stands in the way. This natural mind of openness, is non-other than meditation!” Lama Mark



Vajrasattva Empowerment and pith teachings:

Tuesday May 12th, 7:15 pm &
Wednesday morning May 13, 9:30 am - 10:30 am:
Vajrasattva meditation instructions

A foundational initiation in the Buddhist Tantric tradition. Open to all. The meditation of Vajrasattva (Adamantine Being) helps to deeply purify mental and physical obstructions. It opens subtle energy channels and strengthens our commitment to quickly becoming a fully

compassionate and wise human being.

Please visit Lama Mark’s website: www.markwebber.org/