



BUDDHA DHARMA

WITH LAMA MARK WEBBER

12 Lake Street Centre, Queenstown

February 10 – February 28, 2011

Benefits of practising Dharma Overview of the Programme Q&A

THURSDAY 10TH - 6.00 PM
FREE (NO CHARGE)

The Union of Sound and Awareness.

Saturday 12th and Sunday 13th,
2.30 pm and 7.00 pm.

"I estimate that many people have at least 10 thousand outer and inner stories, conversations, songs, dialogues and chatter per day; about 3.5 million per year. Please consider that each dialogue, secretes neuro-hormones shaping and vibrating our body, speech and mental-emotional patterns-forming our brain maps. It is all sound. We will discover that we can learn to replace the habitual sounds and "vibrate" and sing liberative maps through meditative awareness. This is a very powerful form of mind, speech and body yoga." (Lama Mark)

The Cognitive Process in Meditation and Liberation. 7.00 pm.

TUESDAY 15TH - WEDNESDAY 16TH, THURSDAY 17TH,
7.00 PM.

Teachings from the Abhidhamma and modern neuroscience. It has been said by some great teachers that Liberation from emotional suffering is the experiential knowledge of the cognitive process.

Movie Yoga & Insight Meditation: Going to the Movies to Realise Emptiness and Illusion.

SATURDAY 19TH - SUNDAY 20TH,
(TIMES TO BE ADVISED)

Movies examined with sharp awareness provide a swift method to understand and glimpse the nature of illusion, mental creation

and Emptiness; a practice of Penetrative Insight meditation. Lama Mark will give an introduction and orientation into this unusual Yoga, and then we will go to the cinema to practice and make discoveries. There will be two very different movies (at a cinema) and four classes exploring the nature of Emptiness. Lama Mark will then give commentary on a most profound pithy text by the great yogi-scholar Ju Mipham Rimpoche (1846-1912).

Teachings on the Paramī (Perfections).

TUESDAY 22ND, WEDNESDAY 23RD,
7.00 PM.

The Six Paramī (or Pāramitā) of the Mahayana tradition: Generosity, Ethics, Energy, Patience, Concentration and Wisdom, are the 'bedrock' strengths that need to be developed to a high degree to become liberated from suffering and assist others. This is one of those basic but deeply profound teachings.

Mindfulness of Breathing (Ānāpāna-sati) Retreat.

SATURDAY 26TH, SUNDAY 27TH AND MONDAY 28TH,
10 AM TO 5.00 PM.

Lama Mark will give step by step teaching, with practice sessions, on the classic meditation of Ānāpāna-sati (Mindfulness of Breathing) by Sakyamuni Buddha. Both the Tranquility and Insight aspects of this remarkable meditation will be presented and explained. Followed by a Pot-Luck Supper on Monday.

Donations/Dana (Koha) for the Lama will be gratefully accepted.

For more information see:

Web dharmahouse.org.nz

Phone Alan at 442 5761

Email qnddharmahouse@yahoo.com

(\$5.00 charge per session to help defray expenses)