

Clear Care

Mindfulness and the Way Beyond Suffering

with Flint Sparks
zen priest & psychologist

Retreat in the Swiss Alps
September 22-26, 2010



Ordinary Mind version of the Four Noble Truths:

*Caught in the self-centered dream, only suffering;
holding to self-centered thoughts, exactly the dream;
each moment, life as it is, the only teacher;
being just this moment, compassion's way.*

The Buddha's lifetime of teaching focused on one essential question which set him on the spiritual path as a young man: Why do humans suffer and what can be done to relieve this suffering? His awakening offered a kind of diagnosis of the problem and the practices he taught were responses designed to alleviate the problem. This question of suffering is the very same question that psychotherapists and meditation teachers share today and the Buddha's teachings and practices are as relevant today as they were during his lifetime. On his deathbed the Buddha ended his teaching with a statement which offers a final encouragement to his followers to "Carry forward with appamada."

Understanding the deep meaning and practicing the embodiment of that final word is the focus of this retreat.

We will see why the Buddha likened appamada to the "elephant's footprint", the largest in the jungle. In fact, the elephant's footprint is so large that all the other footprints of all the other animals can fall within it. This is the breadth and depth of appamada – clear, diligent care – the teaching that holds all the other teachings of the Buddha.

We will review essential Buddhist teachings and practices alongside contemporary psychological techniques for relieving suffering and supporting wellbeing. We will have periods of silent sitting and walking meditation which open the way to deep reflection and mindfulness. We will also engage in interpersonal practices which support clear care.

Translation

Although Flint's primary language is English, French translation will be available.

COSTS

Retreat Fee: CHF 550.-

Accommodation & organic food

(per person):

- A. In a room for 3 or 4: 350.- CHF
- B. In a room for two: 460.- CHF
- C. In a single room: 710.- CHF

payable on arrival.

Retreat limited to 25 participants

Venue

Hôtel Beau-Site
CH - 1927 Chemin sur Martigny
Tel. +41 27 722 81 64
www.chemin.ch

Time

Arrival at Hôtel Beau-Site,
Chemin Dessus (Martigny)
on Wednesday the 22nd of September
before 5 p.m.

The retreat will start with the evening meal on the 22nd and will end on Sunday the 26th around 4 p.m.

Contact

Sophie Cattier
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1872 - Troistorrents
Switzerland

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e-mail: sophie@corpus-animus.ch

Booking before July 10, 2010

Please submit your registration by mail or email and include the full fee payment of CHF 550.- If you use PayPal, please indicate that it's for Flint's retreat.

For your Paypal payment, please copy-paste the next URL in your browser and click the button:
<http://www.corpus-animus.ch/paypal>

In case of difficulties, let me know.

Lodging and food to be paid on day of arrival.

With care
Sophie Cattier



Information needed:

Name:

Surname:

Address:

Phone:

e-mail:

Accommodation: A | B | C

Diet type:

Sex: woman | man

Date:

Signature: