

FROM MINDFULNESS TO INSIGHT

A 5-day retreat in the dunes near Egmond-Binnen from 25-30 October 2022

In this retreat, we want to go back to the beginning, to the original state of our consciousness before we became entangled in ideas, opinions and conflicting feelings. By walking in silence, sitting in silence and through a friendly form of enquiry, we will get to the source of our innate wisdom. At that source, which is our true nature, it is possible to rest with an overwhelming love for the world we live in. We do not have to do anything for it, just be mindful of our own awareness.

For inspiration for this retreat, we use the following book 'From Mindfulness to Insight' by the Mindfulness Association, which is based on Buddhism, but is applicable to any philosophy of life.

The spiritual practice consists of:

- - **Mindfulness** - we first deepen the Shamatha and then the Vipassyana meditation
- - **Compassion** - the gentle power to turn towards what is, even if it feels uncomfortable or painful.
- - **Insight** - meditative self-inquiry - the innate curiosity and intelligence to question and explore our experiences, in which the question is more important than the answer.
- - **Mindful dialogue** – bringing meditative qualities like awareness, kindness and clarity into our exchanges with one another.

For this retreat, a year of daily experience with mindfulness and/or meditation is desirable. Please contact us if you have any questions and want to explore if this is something for you.

Practical information

Dates 2022: From Tuesday 25 October 17.00 to Sunday 31 October 14.00

Location: Lioba Monastery, Herenweg 85, 1935 AH Egmond-Binnen

Trainers: Annick Nevejan & Olaf van Kooten

Investment

€ 425,- costs of double room, vegetarian meals, incl. VAT

€ 575,- single room, vegetarian meals, incl. VAT

Trainers costs € 550,- incl. VAT

Information and registration mail Annick anevejan@xs4all.nl of www.nevejan.net

*Spiritual practice isn't just something we do,
like mindfulness.
It's an orientation of being.
It's to be oriented in a deep way of life.
It's an attitude.
It's something we live with.
It's living in a state of discovery.
It transcends forms of spiritual practice.
To live in state of discovery is an orientation
to all of life, all the time.*

Adyashanti

