

Science & the Art of Meditation



A 4 day retreat with Lama Mark Webber

Thursday through Sunday,
June 15th - 18th, 2006
Ludger Müllers Aikido dojo, Wuppertal,
Germany

This retreat will begin Thursday morning at 10am
continue until Sunday at Dinner time.

There will be a Prajnaparamita Wongkur on Friday
7.30 pm in Wuppertal.



In this retreat Lama Mark will share his love for natural science and meditation. Through meditation we will see how the mind and nervous system create an apparent reality; this is essential for emotional liberation and the ripening of wisdom. During this retreat meditations will be given for understanding the nature of night and day dreams: the relationship between changes of physiology and mental perception; how the mind creates a body and form, and how our minds abiding in a continuum of lucid awareness can reveal the wonderful freedom of the natural mind.



Cost for the 4 days of retreat:

For Mark: suggested € 80 as an offering for the teaching or what you can afford to give.

Retreat fee: € 100

Accommodation: self organized (there is space for a few people in the dojo)

Food: self organized (there is a kitchen in the dojo that can be used)

Please e mail Karin at: karin.ricono@stadt.wuppertal.de or phone her at 0202/5636364 for further details, including the address for the Aikido Dojo and a map of how to get there - also suggestions for travel to and from Germany.

To register please e mail Jamie at: tsering@markwebber.org

www.markwebber.org