

BLUE SKY MIND



with Ian and Ruth Gawler

Sunday 13th October 2019 10.00am - 4.00pm

An urban meditation workshop based upon Ian's new book

The mind has two aspects

The mind has two aspects these can be compared to the clouds - our active thoughts and emotions that change all the time and can range from beautiful to turbulent; and the blue sky - that aspect of mind beyond all the activity wherein dwells a stillness, along with peace, clarity, wisdom and compassion. In meditation we have the opportunity to get to know both aspects of our mind better and to connect more deeply with what we are actually capable of, and who we really are.

Blue Sky Mind - the book

Recently released, this book provides direct guidance into an authentic and deep experience of meditation. While it does introduce highly practical methods for relaxation, concentration and mindfulness, the real gem is introducing reliable methods for advancing beyond the busyness and distractions of the active mind, and directly experiencing the still mind.

Join us to practice the Blue Sky Mind techniques together

Ian and Ruth have been meditating and teaching for a combined 70 years.

Suitable for everyone keen to deepen their meditation

*While this workshop will be profoundly instructional and regenerative
the focus will be upon direct experience*

- Date:** Sunday 13th October 10.00am (arrive 9.30am) to 4.00pm
Venue: Buddha House, 496 Magill Road, Magill SA 5072
Bring: Your own lunch: morning tea will be provided
Cost: \$145 or \$120 concession
Inquiries: Email Jane Ray at jane.ray@rigpa.org.au
The Book: You will be able to purchase "Blue Sky Mind" at the event and Credit Card facilities will be available

REGISTER NOW

**This retreat is well suited to all Health Professionals.
Certificates of attendance will be provided for those
who request them.**

More details of Ian and Ruth Gawler's work: www.iangawler.com

Rigpa Adelaide: www.adelaide.rigpa.org.au

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