

BLUE SKY MIND



with **Ian and Ruth Gawler**

Saturday 15th June 2019 10am - 4pm

An urban meditation workshop based upon Ian's new book

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. The *Blue Sky Mind* app is also available and features all the techniques and meditations guided by Ian.

Join us as we practise 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

- Dates** Saturday 15th June 10am (arrive 9.30) - 4pm.
Venue The Rigpa Melbourne Centre, 200 Sydney Rd Brunswick, Victoria.
Easy PT access; free car parking behind the centre (enter via Edward St); lift access to level 1
Bring Your own lunch or purchase from the many nearby cafes; morning tea will be provided
Cost \$145 or \$120 concession
Inquiries Email Jenny Anderson on jenny.anderson@rigpa.org.au

- Bookings** Book directly on our secure site
- <https://registration.rigpa.org.au/civicrm/event/register?reset=1&id=769>

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