

Lightly held

*A day of meditation
led by Sharda Rogell*

Sunday 26 March 2023
9.30am – 4.30pm

Ngā Hau e Whā o Paparāangi
Newlands, Wellington



Our spiritual journey invites us into our experience, to meet and to fully open to what is here. Meditation has power because it connects us with ourselves and all life forms in a way that is real and true and therefore, ultimately compassionate. Whenever we are caught in distracting thoughts and emotions, we disconnect from the fullness of our present moment experience and are often led into negative and painful ways of being. This leads to suffering for ourselves, for others and for our world. Only when we find the path to our own loving heart and clarity of mind can we awaken to what's truly possible.

During this challenging and unsettling time in our world, there is a need for us to stop and look deeply together, to not turn away from our heartbreak and recognize and feel the love that is always present and holds us all together. Once in touch, we can begin to expand the circle of love beyond our usual boundaries where we respect diversity and are inclusive of everyone without distinction.

Sharing together with Sharda's heartfelt guidance in this daylong, we will draw on our meditative tools of sitting and walking meditation, dharma talks and group discussions to steady and sustain us and to awaken our compassionate heart.

Everyone is welcome.

Costs: dana (koha) for teacher + \$40 towards costs (unwaged spaces available).
Coffee, tea and biscuits will be provided.

***For registration and any questions, please contact Linley at
welinsight.linley@gmail.com***



Sharda Rogell began her practice in 1976 and has been teaching worldwide since 1987. She is a Teacher Emerita at Spirit Rock Meditation Center in California. Along with her training in the Theravada Buddhist tradition, she has been influenced by many other spiritual teachers and traditions. She has been a student of A. H. Almaas in the Diamond Approach for over 20 years and her primary interest is awakening the heart/mind with embodied presence in order to live a fully awakened life.

This event is organised by Wellington Insight Meditation.
Please visit us on <https://wellingtoninsight.org.nz/>

