

Caring for our precious earth

Series of online dhamma reflection sessions

Saturday 1.30pm to 3.30pm NZST

29 April

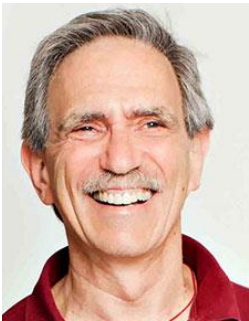
27 May

24 June 2023

(Friday evenings in USA / CAN)

Many Buddhist practitioners will regularly ask themselves how to respond to the deepening climate emergency. As illustrated by Cyclone Gabrielle in New Zealand and massive fires, storms and floodings around the world, nowadays anyone can be directly affected. How not to lose oneself in deep grief? How to balance concern and distress with a sense of personal wellbeing? What does Right Action look like in this context?

Wellington Insight Meditation sangha invites all to join us for this series of Zoom events. After a meditation, a guest teacher will speak about their personal experience in holding questions like the above. This will be followed by Questions & Comments, aimed at having a lively conversation.



James Baraz

29 April

Co-founder of Spirit Rock,
teacher of Awakening Joy.

<https://awakeningjoy.info/>



Jean Leonard, PhD.

27 May

US based Buddhist eco-chaplain
and teacher, psychologist.

<http://www.jeanleonardphd.com/>



Jeremy Logan

24 June

NZ Insight Meditation teacher,
activist & therapist.

<https://jeremylogan.org/>

For registration and any questions, please contact us at welinsight.events@gmail.com.

Costs: flat rate of NZ\$20 to attend any or all of these events (unwaged spaces available) + dana for the teachers. Recordings will be shared afterwards. Your contribution goes towards covering the administration costs, as well as the funding of future events.

This series is organised by Wellington Insight Meditation.

Please visit us on <https://wellingtoninsight.org.nz/>



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