



2016 CPD Course Programme: Sue Cooper

Accreditation number: General - MDB001/001/05/2016

Ethics - MDB001/006/05/2016

An Integration of Meditation, Embodied Awareness and Buddhist Psychology

Accreditation details:

Monthly sessions (6 February to 3 December):

10 half days at 3 points = 30 points (24 general & 6 ethics)

Venue: Somersault Studio, 57 Grove Avenue, Claremont (opposite Grove Primary School)

2 day-long at 6 points ea = 12 points (3 general & 3 ethics per day)

Venue: Mont Fleur Conference Centre, Upper Blaauklippen Road, Stellenbosch

Weekend retreats (April to December):

1 night: 12 points: 9 general & 3 ethics (19-20 Nov)

2 nights: 15 points: 12 general & 3 ethics (23-25 Sept & 14-16 Oct)

3 nights: 22 points: 16 general & 6 ethics (24-27 June, 6-9 August and 27 Oct – 30 Oct)

4 nights: 30 points: 24 general & 6 ethics (23-27 April & 15-19 June & 15-19 December)

6 nights: 45 points: 39 general and 6 ethics (30 Oct – Nov)

Venue: Please see individual retreats for information.

COST:

Morning retreats: sliding scale per morning - R450/500/550 (includes tea)

Day-long retreat: sliding scale per day - R850/900/950 (includes lunch and teas)

Weekend retreats: Please see individual retreat for pricing

If you would like to attend a combination of half-day, day and weekend retreats, discounted package rates are available on request.

Banking Details:

Account Name: **Stillmind Retreats**
First National Bank, Branch 201509

Cheque Account: 62506345637
Reference: Your name & CPD

Programme Dates & Information 2016:

6th February: Psychological and Spiritual Notions of Freedom

09:15 -12:45 (3 General CEUs)

Reference: "Psychological Adjustment is not Liberation:" Symposium with Jack Kornfield, Ram Dass, and Mokuse Miyulk in The Couch and the Tree: Dialogues in Psychoanalysis and Buddhism. Edited by Anthony Molino, Constable, 1998

We will reflect on the necessity of grounding ourselves psychologically so that we can discover the freedom of complex concepts such as 'emptiness' and 'not-self', which can be overwhelming if not fully understood. When we establish a sense of groundedness, we can more easily access the spaciousness and possibility of these teachings, in order to embrace the paradoxes of this path.

20th February: Is mindfulness making us ill?"

09:15 -12:45 (3 Ethics CEUs)

Reference: <http://www.theguardian.com/lifeandstyle/2016/jan/23/is-mindfulness-making-us-ill>

Meditation, like any practice which increases our awareness, may reveal any underlying vulnerabilities or tendencies that have not been fully processed, and this can lead to anxiety and distress. The necessity for adequate containment during any meditative process cannot be underestimated, and the ethics of mindfulness being offered by those not adequately trained will be discussed.

5th March: Attachment East and West

09:15 -12:45 (3 General CEUs)

Reference: Attachment East and West from Buddhist Practice on Western Ground: Reconciling Eastern ideals and Western Psychology by Harvey B. Aronson, Shambhala, 2004.

We will explore the theme of attachment and non-attachment, particularly the differences in the Buddhist notion of these terms and the Western psychological understanding of the importance of being able to connect ("attach"). I will propose that what is meant by 'attachment' in Buddhism is more about enmeshment and becoming embroiled or entangled in a way which collapses our boundaries. 'Non-attachment' refers more to the capacity for separateness, rather than disconnection or detachment. When meditation or spiritual practice is used as a way to disconnect or avoid pain, this defence is not what was intended by this term.

Sat 16th April: Day-long retreat: Embodied Presence (Introduction of Unlimiting Mind)

09:30-16:30 (3 General and 3 Ethics CEUs)

Venue: Mont Fleur Conference Venue, near Stellenbosch

This day-long retreat offers a brief overview of the Buddha's teachings on embodied awareness, with particular reference to the Buddha's radical understanding that transcendence is paradoxically linked to grounded presence. We will draw on the teaching of the first foundation of Mindfulness of the Body to discover that a relaxed, grounded body creates the conditions for a peaceful heart and mind. We will also briefly reflect on the **ethical framework** (Five Precepts – see below) of these teachings, particularly the Buddhist guidelines around living a life of non-harming, to provide a context for mindfulness practice.

The essence of this approach is to deepen our awareness of the present moment through the sensory ('felt') experience of our bodies. We will explore the psychological impact of bringing our attention to the body in all the postures, thereby experiencing the healing and therapeutic benefits of this practice.

The day will be held in contemplative silence and will include sitting, walking and reclining meditation, as well as qigong (Chi Kung) movement meditation, which will enhance our awareness of the body through connecting with the elements. A delicious 2 course vegetarian/vegan lunch, as well as teas, will be savoured in silence.

Sat 7th May: A Grounded Spirituality (Section 1 of Unlimiting Mind)

09:15 -12:45 (3 General CEUs)

The practice of meditation will be explored, with an overview of an organic spirituality that focuses "inward, rather than outward and upward" (pg.28). This leads to "happiness [that] is not *pursued and attained*, but is rather *discovered and uncovered* within" (pg. 31). The psychological significance of a practice that is grounded in embodied awareness will be investigated, as we learn to embrace the range of feelings that arise in our human experience, through developing our attention (through *vitakka* and *vicara*) and establishing *samadhi* (unification of body, heart and mind).

Sat 21st May: The Five Hindrances

09:15 -12:45 (3 General CEUs)

An exploration of the tendencies of mind that lead to fragmentation and habitual addictive patterns of behaviour. Recognising and understanding these tendencies enables us to move beyond fear and reactivity. We can then establish a more spacious and balanced presence, leading to discerning choices based on clarity and wisdom, rather than fear and habit.

Sat 4th June: Caring for the World : Removing the thorns of desire (Section 2 of Unlimiting Mind)

09:15 -12:45 (3 Ethics CEUs)

The Buddha understood that the roots of conflict in our hearts and between people can be found in fear and desire. Addressing these tendencies, which are often unconscious, leads to healing and transformation. We will reflect on the **ethical role** of the "twin guardians" of conscience (*hiri* and *ottappa*, pg.53) which enable us to move towards wholesome action. The empirical discovery that meditation leads to greater empathy is significant for the establishment of moral and ethical behaviour.

Sat 23rd July: Day-long retreat: Caring for Ourselves: the cultivation of compassionate awareness

09:30-16:30 (3 General and 3 Ethics CEUs)

Venue: Mont Fleur Conference Venue, near Stellenbosch

This daylong retreat introduces us to compassion practice, so essential for a healthier sense of ourselves. Drawing on the Radiant Abodes of *metta* (loving-kindness), *karuna* (compassion), *mudita* (appreciative /sympathetic joy) and *upekkha* (equanimity), we will explore those qualities of heart and mind that help transform the inner critic, so that we can free ourselves from judgment and the curse of perfectionism. The **ethics of relating with boundaries, empathy and compassion will be explored**, with particular reference to the importance of **self-awareness and self-care as a safe-guard against boundary**

violations. This theme will be fully explored and experienced in more depth, in the residential retreat at Mont Fleur from 5-9

Sat 30th July: The Emergence of Mindfulness

09:15 -12:45 (3 General CEUs) (Section 8 of Unlimiting Mind: An Abhidhamma Perspective)

The nature of consciousness will be explored and mindfulness as a wholesome mental factor rather than a technique, will be discussed. We will develop an understanding of the way our sensory experience, together with our perceptions and feelings, create our reality. This understanding helps us to establish boundaries, as we become clearer about our actual experience and the role of projection in our interactions.

Sat 27th Aug: Beyond Proliferation: *Papanca* (Section 5 of Unlimiting Mind and Ch 11 Radical Reflection by Kittisaro from Listening to the Heart)

09:15 -12:45 (3 General CEUs)

This session will explore the proliferating tendency of the mind and the role of perceptions in creating our reality. This is of particular relevance in the treatment and management of anxiety.

Sat 10th Sept: The Nature of Experience (Ch 7 of After Buddhism by Stephen Batchelor)

09:15 -12:45 (3 General CEUs).

Further reflections on the nature of mind and experience and the notion of the “five aggregates/bundles” (*khandhas*) that constitute our experience of reality.

Sat 3 Dec: A Fourfold Task: leading an integrated life (Ch 3 of After Buddhism by Stephen Batchelor)

09:15 -12:45 (3 General CEUs)

Stephen Batchelor’s re-framing of what has traditionally been called the Four Noble Truths will be explored in relation to the application of these teachings to clinical practice.

Residential retreats: see website calendar for full description of each retreat.

23rd-26th/27th April: From Fear and Shame to Freedom (3 or 4 nights)

Venue: Bodhi Khaya Retreat near Stanford, W.Cape

3 nights: 22 points: 16 general & 6 ethics

4 nights: 30 points: 24 general & 6 ethics

15th - 19th June: An Integrated Awakening (4 nights)

Venue: The Buddhist Retreat Centre (BRC) near Ixopo, KZN

4 nights: 30 points: 24 general & 6 ethics

24th- 27th June: The Cultivation of Compassionate Awareness (3 nights)

Venue: Emoyeni Retreat Centre near Magaliesberg, N. West.

3 nights: 22 points: 16 general & 6 ethics

6th - 9th August: The Deepening of Compassionate Awareness. (3 nights)

Venue: Mont Fleur Conference Centre, Stellenbosch W. Cape.

3 nights: 22 points: 16 general & 6 ethics

23rd - 25th September: Spring Weekend Retreat: **Finding Courage for New Beginnings** (2 nights)

Venue: Mont Fleur Conference Centre, Stellenbosch W. Cape.
2 nights: 15 points: 9 general & 3 ethics

14th - 16th October: Weekend Retreat: **Discovering Joy within Stillness** (2 nights)

Venue: Temenos Retreat Centre, McGregor .
2 nights: 15 points: 9 general & 3 ethics

27th - 30th October: The Transformative Path of Meditation . (3 nights)

Venue: The Buddhist Retreat Centre (BRC) near Ixopo, KZN.
3 nights: 22 points: 16 general & 6 ethics

30th October - 5th November: An Integrated Awakening (6 nights)

Venue: Dharmagiri Insight Meditation Centre near Underberg, KZN.
6 nights: 45 points: 33 general and 9 ethics

Sat 19th -20th Nov: Containment through the Silent Space of Retreat

Self and Non-Self (Section 6 of Unlimiting Mind, Ch 7 of After Buddhism by Stephen Batchelor and The Mysterious Illusion of Self in The Wise Heart by Jack Kornfield)

Overnight residential retreat

Venue: Mont Fleur Conference Venue, near Stellenbosch
1 night: 12 points: 9 general and 3 ethics

Fri 16th Dec – Tues 20th Dec: Healing and Transformation through Meditation

Venue: Bodhi Khaya Retreat near Stanford, W.Cape
4 nights: 30 points: 24 general and 6 ethics

References:

Various chapters from the following books:

After Buddhism: Rethinking the Dharma for a Secular Age by Stephen Batchelor, Yale University Press, 2015.

Listening to the Heart: A Contemplative Journey to Engaged Buddhism by Kittisaro & Thanissara, North Atlantic Books, 2014.

Unlimiting Mind: The Radically Experiential Psychology of Buddhism by Andrew Olendzki, Wisdom Publications, 2010

The Spirit of the Buddha by Martine Batchelor, Yale University Press, 2010.

The Wise Heart: Buddhist Psychology for the West by Jack Kornfield, Rider, 2008

Buddhist Practice on Western Ground: Reconciling Eastern Ideals and Western Psychology by Harvey B. Aronson, Shambhala, 2004

Toward a Psychology of Awakening: Buddhism, Psychotherapy and the Path of Personal and Spiritual Transformation by John Welwood, Shambhala 2002.

The Couch and the Tree: Dialogues in Psychoanalysis and Buddhism. Edited by Anthony Molino, Constable, 1998