

A Soft and Radical Transformation of the Heart, a Weekend Metta Retreat
March 18-21, 2010—Galilee Centre, Arnprior, Ontario
Teacher: Pascal Auclair

The practice of Metta (loving kindness) brings warmth and ease to heart, mind and body. As we cultivate the joy of friendliness we learn to transform anger, jealousy and old resentments into deep caring. We also discover that guilt and judgment can be the basis for kindness and compassion to arise. This is an invitation to a soft and radical transformation of the heart.

There will be an opportunity to ask questions and have interviews in both French and English.



Pascal Auclair has been immersed in the Dharma since 1997, sitting retreats in Thailand, India and America with revered monastics and lay teachers. In 2006 he was invited by Joseph Goldstein and Jack Kornfield to join the teacher training program at the Insight Meditation Society (IMS) in Massachusetts and Spirit Rock Meditation Center in California. He is now enjoying teaching retreats at these two centers, as well as for TNI and the Buddhist Peace Fellowship. Pascal works with families, teens, young adults, and yogis sitting short and long retreats.

Registration Information

LOCATION: Galilee Centre, 398 John Street North, Arnprior, Ontario, <http://www.galileecentre.com/>. This lovely retreat centre is located near the centre of Arnprior, overlooking the Ottawa River and bordering on an old-growth forest.

ARRIVAL TIME: 3:30-5:30 pm, Thursday, March 18. The retreat will conclude by lunch on March 21. Everyone is welcome to stay for lunch.

COST: TNI is dedicated to offering affordable rates to all. We offer a sliding scale with low, mid and high rates that allow retreatants to pay according to their means. Paying at the low rate covers the minimum expense of holding a retreat. The high rate helps ensure TNI's viability as an organization. The deposit is included in all of our fees.

Sliding Scale: \$280 - \$310 - \$340
Deposit: \$125

Early registration is necessary to hold the retreat. Without enough registrations, we will not be able to offer this retreat.

Please note that the retreat fees pay for a single room and three meals a day. This does not include donations to the teacher.

Late Registration Fee: For registrations postmarked less than 14 days before the start of a retreat, add \$30 to the sliding scale fee you are paying.

Cancellation Fees: Please contact us as soon as possible if you need to cancel. If you cancel four or more weeks before a retreat begins, your deposit is refunded less a \$50 fee. After that your deposit is not refunded.

WHAT TO BRING: Meditation cushion or bench (chairs are available at the centre), a blanket or mat for under your knees. The Galilee Centre provides bedding (sheets, towels, blankets, pillows, and pillow cases) and soap. Bring your toiletries, necessary medicines, indoor shoes or slippers, alarm clock, flashlight.

MEALS: Meals will be vegetarian with dairy and eggs.

ETHICAL GUIDELINES: Retreatants are asked to practice the five traditional guidelines, or precepts, for the period of the retreat:

1. I undertake the training to refrain from taking life.
2. I undertake the training to refrain from taking anything that is not freely offered.
3. I undertake the training to refrain from sexual activity.
4. I undertake the training to refrain from telling lies.
5. I undertake the training to refrain from using alcohol or any substances that lead to carelessness.

MORE INFO: info@truenorthinsight.org or call Janet at 450-458-5321.

TO REGISTER: All retreats require a deposit on registering. If possible, please pay the entire retreat cost on registering; this helps our operations.

Please print out and complete the registration form. Please mail it with your deposit or full payment to True North Insight, P.O. Box 1211, Hudson, Quebec, Canada J0P 1H0.

