

Loving the No-self

Daylong Retreat, Sunday, April 10, 2010

Daryl Lynn Ross will be leading a daylong meditation retreat at the Padua Centre on the theme of *Loving the No-self*. Buddhism teaches us that the cause of our suffering is clinging to the delusion of a separate self-identity. Yet in order to realize peace and freedom, we need to completely love and accept our self. This is a paradox on the path which we will explore in this daylong retreat. The day will include insight meditation instruction and practices and a Dharma talk. There will also be a guided meditation and time for questions and reflection. We will break for lunch. Please bring something light to eat.

Location: Padua Centre, 1950 St. Antoine West (metro Georges Vanier).

Beginning time: 9:15 am

Ending time: 3:30 pm

Registration fee: \$15

A donation for the teacher is requested.

Please email info@truenorthinsight.org if you plan to attend, or call 514-488-7484 for more information.