

The Community of Interbeing Sanghas in the North of Scotland  
is happy to invite you to

# Understanding our Mind

A 3-day retreat on the nature of our mind  
based on the teachings of Thich Nhat Hanh

9<sup>th</sup> to 12<sup>th</sup> February 2017



**Guided by Michael Schwammberger**  
Order of Interbeing member - formerly Brother Phap Son

In this retreat we will explore and become more familiar with the deep teachings on the mind as taught by Thay – Thich Nhat Hanh.

Looking into the nature of our mind can help us better understand ourselves and work more skillfully with the transformation of our suffering. These teachings are perhaps some of the deepest wisdom available, as they help us connect with the ultimate nature of our mind and bring about a deep healing in the way we relate to our selves and the world around us.

Mindfulness practice will be the key to explore these teachings so they don't just become an intellectual exercise. We will look in to the nature and experience of mind and store consciousness. Thay's teachings on the seeds in store consciousness are crucial, and help us better understand how to use mindfulness to embrace these seeds. His image of the gardener (mind consciousness) and the garden (store consciousness) is a very useful picture to understand the relationship between both.

This retreat will also offer us the opportunity to deepen our mindfulness practice, in sitting, walking, sharing and silence. It will present us with a supportive environment where we can really cultivate mindfulness and at the same time connect with others who will be practising with us.

If you would like to read on the topic, here are some book recommendations:

*The Heart Of Buddha's Teaching: Transforming Suffering into Peace, Joy and Liberation* -----  
*Understanding Our Mind: Fifty Verses on Buddhist Psychology* ----- *Buddha Mind, Buddha Body: Walking Toward Enlightenment*. All books by Thay.

## About the teacher



Michael has been practicing and studying Buddhist meditation and dharma since 1992. He was taught by Christopher Titmuss in Totnes and continued to deepen his practice at The Barn, Sharpham College and Gaia House in Devon, where he also worked as a coordinator.

He visited Plum Village in June 1996 after being inspired by reading Thich Nhat Hanh's book *Peace is Every Step*. Deeply moved by the energy of the community spirit and Thich Nhat Hanh, he stayed on and was ordained as a monk in 1997. He has travelled extensively with Thich Nhat Hanh. He returned to Plum Village, France in 2004 after being based in the monasteries in the USA from 2000. He was appointed as abbot of Son Ha temple, Plum Village in 2005.

In 2012, Michael left monastic life and continues as a lay dharma teacher to spread awareness of Thich Nhat Hanh's teachings. He has led mindfulness courses and retreats in the UK, Ireland, France and Spain. His aspiration is to strengthen and build communities in mindfulness practice and make Buddhist teachings as practiced in the Thich Nhat Hanh tradition, more accessible to benefit Western society.

**Michael will be assisted by Susanne Olbrich, who lives in Findhorn and was ordained as dharma teacher in Plum Village last year.**

## The logistics

**Time:** 9<sup>th</sup> to 12<sup>th</sup> February 2017 - start on Thursday @ 17:00, finish on Sunday @ 15:30

**Location:** Newbold House, Leonard's Road, Forres, Moray

**Cost:** £ 225 (residential), £ 135 (non-residential) – for room hire, meals and beds. Please note that the above cost does not include a teacher's stipend.

**At the end of the retreat you will be invited to give dana (donations) for the teacher.** In the Buddhist tradition, teachings often are given on donation basis. It is an opportunity to practice generosity within our means and a way to show appreciations for the teachings received. Michael exclusively makes his living from dana from his dharma teaching.

For further details please see the attached application form. Note that residential accommodation will be provided in Newbold House itself, or by you arranging nearby B&B. All activities and meals will be in Newbold House. We hope to be able to offer some bursaries, please enquire.

For any questions about the retreat please contact Sabine – 07554 745992 or S.Weeke@web.de - or Maggie – 01381 610212 or maggiedove29@gmail.com

# BOOKING FORM NoS RETREAT

9<sup>th</sup> – 12<sup>th</sup> FEBRUARY 2017

What is your name:			
What is your local sangha, if any?			
Your address?			
Telephone Numbers:	Mobile:		
	Home:		
e-mail address:			
All food will be vegan. Please indicate if you have other dietary requirements we can help you with:			
Any disability that is likely to need our consideration?			
Please choose from the options below :			Tick the appropriate box
<b>Residential</b> - sharing a bedroom Accommodation at Newbold House is in rooms with 2-5 beds. If you require a single occupancy room, there are local B&B's nearby that offer this. If you would like to take up this option please contact Lynda Benham before sending in your booking form.	<b>Standard Rate</b> (Thursday – Sunday)	£225	
<b>Non-residential</b> , taking all meals except breakfast <sup>1</sup>	<b>Standard Rate</b> (Thursday – Sunday)	£135	
<b>Can you offer a donation?</b> This would contribute to those seeking bursaries.	<b>Amount?</b>		

**Would you like to apply for a bursary, to help with your costs?**

We would want everyone to be able to attend the Retreat, irrespective of income. So, if you would like to apply for a bursary please contact Sabine - +44 7554 745992 or S.Weeke@web.de

**Please send this completed page AND a cheque (made payable to *Northern Lights Sangha*) to:**

Lynda Benham , 8 South St. , Forres , Moray IV36 1DE

Tel: 07979 803173, [lynda.benham@btinternet.com](mailto:lynda.benham@btinternet.com))

(Unfortunately, cash payments or bank transfers are not possible.)

<sup>1</sup>For non-residentials: breakfast can be added for £3.-- per day (to be paid directly on the day)