

Thoughts are Not the Enemy

An Introduction to Recollective Awareness Meditation

A Meditation Workshop Taught by Jason Siff

Samstag 14. März 2015, 9:00 bis 16:00 (eine Stunde Mittagspause)



Theravada Schule, 1010 Wien, Fleischmarkt 16, 1. Stock
Kosten: Dana (Spende)
Sprache: Englisch

Recollective Awareness Meditation is a form of Vipassana Meditation that teaches people how to become aware of their thoughts and emotions. It involves allowing thoughts and emotions into the meditation sitting and recollecting one's experiences in meditation. This gentle and open approach to meditation also leads to calmness and enhanced sensory awareness.

During this retreat, meditation sessions will last 20 to 40 minutes and can be done sitting comfortably or lying down. There will also be instruction for writing down meditation experiences.

Jason Siff was a Buddhist monk in Sri Lanka in the 1980s when he started developing Recollective Awareness Meditation. In 1996, he co-founded the Skillful Meditation Project and has been a full-time meditation teacher since then. He also trains teachers in Recollective Awareness Meditation and conducts retreats and workshops in the US, Canada, Europe, and Australia. He has written two books on meditation, "Unlearning Meditation: What to do when the instructions get in the way" and "Thoughts are Not the Enemy: An Innovative Approach to Meditation," both published by Shambhala Publications. His primary website is www.skillfulmeditation.org