

# STILLNESS IN ACTION

## *Blending Meditation & Action for the World*

*Forest Meditation Centre The Channon July 10 ~ 17*

### *Passionate love for the world does not wait for enlightenment*

*In our daily lives* hard truths confront us at every turn. A path of blending inner and outer change offers a new possibility for hope and effective action in the face of the crises affecting our cities, nations and the earth itself.

*This retreat combines* practices for tranquility, insight and compassion from Buddhist meditation with Joanna Macy's dynamic processes for reconnection and engagement in and with the world.

*Meditation* has a two thousand year tradition of helping people understand their essential nature. It develops mindfulness, calmness, compassion and awareness through a focused connection with the here and now. It is not necessary to hold Buddhist beliefs to learn or follow these practices, as they do not conflict with any religious belief systems.

*Joanna Macy's "Work that Reconnects"* helps people uncover and experience their interdependence with each other and with all of life. It enlivens and motivates people to find and play their unique role in creating a sustainable future.

*This retreat combines times of silent meditation with interactive exercises.*

*These practices enable you to:*

- Find or recover your distinctive gifts to bring about change
- Make strong connections with others, to support you in your work
- Explore your passion, power, and capacity to imagine and vision
- Release energy for change that may be bound up in distress
- Clarify your role and the contribution you can make in your neighbourhood, workplace, and wider community.
- Do all of the above with greater calmness, clarity and compassion.

*Meditation is not to escape from society, but to come back to ourselves and see what is going on. Once there is seeing, there must be acting. With mindfulness, we know what to do and what not to do to help.*

*Thich Nhat Hanh*



**When ~ July 10 ~ 17. 1999**

**Where ~ The Forest Meditation Centre  
Wallace Rd. The Channon. Nth. NSW.**

**How much ~ Sliding scale, from \$265 to \$400  
depending on income**

***This is a residential retreat ~ BYO tent  
Food supplied***

**Bookings Essential ~ \$50 deposit to:  
Isabelle Rogers  
Suite 1a 131 ~ 133 Keen St Lismore  
Ph. 02 66 22 0002**

### **Retreat Leaders**

**Wendy McCrae** ~ I grew up in rural Victoria and did nursing. I rebelled and went to India for 5 years where I practiced the tabalas and yoga. I've spent the last 7 years in a Buddhist monastery in Siam, where I lead many retreats.

**Bobbi Allan** ~ I became politically active at University in the late 60's. I began Vipassana meditation in 1974, and have practiced with various teachers and traditions since then. In 1983 I discovered Joanna Macy's work. This brought together my activism and spiritual practice.

**Simon Clough** ~ I have 30 years experience of social change work, ranging from, non-violent action to long term structural change. The last 20 years of my work and life have benefited from being a Buddhist practitioner in the Vipassana and Zen traditions.

**Isabelle Rogers** ~ I have practiced Satyananda yoga for many years, 4 years as a teacher. My experience in social change includes activism, mental health work, women's health counselling, and healing facilitation using imagery and art.

# People making a difference

## A day of Heart Politics and connection

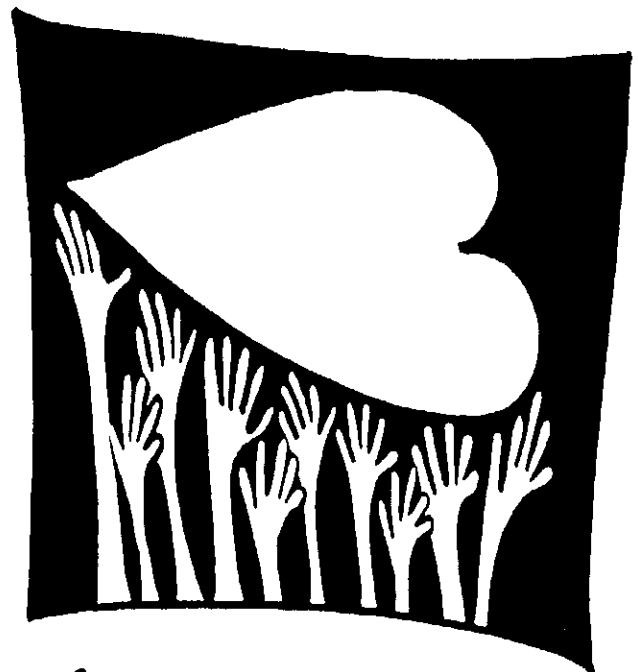
*Sunday 6th June 1999 Bangalow*

**Heart Politics** is the power of working simultaneously at the personal, political and spiritual levels, with the support and cooperation of others. It draws on the work of Joanna Macy's 'Work that Reconnects', Fran Peavey's book, *Heart Politics*, and Nonviolent Action.

**This is a day to strengthen** the community of people on the North Coast who are interested in working for social change. You may have been active for years, or new to contributing to community development, social justice or environmental healing. Positive change needs the best ideas and efforts of all of us. Come along and we'll inspire and assist each other.

**This will be a day for:**

- Being inspired and taking heart in these difficult times
- Meeting old friends and making new ones
- Hearing from others who are working for change
- Learning new tools and skills
- Telling your success stories
- Expressing some of the challenges and frustrations involved in your work
- Finding others to help and support you in your work for change
- Having fun!



## Heart Politics

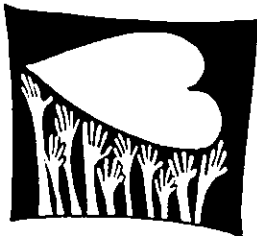
**When:** Sunday 6<sup>th</sup> June, 9.30 a.m. to 5.00 p.m.

**Venue:** Bangalow Catholic Church Hall ~ just down the hill from the big brick Catholic Church you see from the roundabout at the top of the main street.

**Cost:** \$15 - \$30, depending on income.

Turn up on the day, bringing lunch to share

**Further information:** Simon - 66 886 217. Isabelle - 66 220 002. Bobbi - 66 886 147.



## ADVANCE NOTICE !

1999 NORTH COAST HEART POLITICS CONFERENCE

CAMP WOLLUMBIN, BOGANGAR

September 24-27

Contact: Garth Luke 02 66 886 198

Full brochure mail out in June