

THE MOUNTAIN HERMITAGE

**Listening, Contemplation,
and Meditation:
A Study Retreat on The Art
and Practice of Loving
with Venerable Dhammadinna**



**November 13-20, 2015
Columbine Inn
Taos Ski Valley, New Mexico**

The Buddha taught *metta* meditation to quell fear and anger, to promote harmonious relationships, and to purify the mind in concentration. The benefits of this practice touch every aspect of our lives. During this retreat we will combine the practice and study of *metta*, or loving friendliness meditation.

This retreat will teach various techniques for cultivating loving kindness in sitting, walking and guided meditation. We will also draw from a handful of sources for our study, including *suttas* from the **Pali** canon and teachings from the Tibetan tradition on *bodhichitta*, the awakened heart. We'll also give attention to Western neuropsychology. Each of these teachings contribute a distinctive strand of meaning to the fabric of this practice.

The *Study Retreat on The Art & Practice of Loving* will be held at the beautiful **Columbine Inn** in Taos Ski Valley, New Mexico. Throughout the week-long retreat, *The Mountain Hermitage* will have exclusive use of the building and grounds, which provide the privacy, quiet, and sense of harmony that is most conducive to practice.

Sliding Scale Fee:
(low) \$498 (actual cost) \$698 (benefactor) \$898
Additional Scholarship support available – Application necessary

Venerable Dhammadinna lives in Seattle, WA. She took robes in 1983 with the great Burmese meditation master Ven. Taungpulu Sayadaw. She also studied with Ven. Sayadaw U. Pandita & Indian meditation master Dipa Ma. Since then she has lived & studied in Burma with Ven. Taungpulu Sayadaw in Thailand, with Ajahn Buddhadasa, & in Dharamsala with His Holiness the Dalai Lama who accepted her as his personal student in 2000. In 2006, she was invited to Seattle where she co-founded Bodhiheart Sangha Meditation Center with Tenzin Jesse. Ven. Dhammadinna is deeply committed to the practices of *samatha* & *vipassana* meditation as shared by both the Theravada & Mahayana Buddhist traditions.

The Mountain Hermitage: 575-758-0633 or hermitage@mountainhermitage.org
Download: *Information, Practice Guidelines, and Application Form*
at: www.mountainhermitage.org