



Cloud Mountain - Newsletter

ENCOURAGING WORDS - Meditation-practicing with our life

Learning to be a disciple to our own inner light is the core of spiritual practice.

We desire light, facing the dark illuminates the light. Staying with our life is simply to release all ideas of good and bad and see the light shines in all conditions and is not diminished by any. The hard edge of practice is to remain with our life, not because we fear the dark but because we actually fear too much light"

We are attracted to practices which reveal our life, yet at the same time we seem to have an aversion to discipline. Practice really means 'not accomplished', we are still learning, understanding and developing in our life. Taking up a meditative life by giving attention to existence, with its internal and personal dimension, along with complete non-avoidance to the external dimension as seamless in nature and affect is challenging.

The Illusion we get caught in -life is a separated, devolving, disconnected material reality. From the position of self-identity alone this seems so, but a closer looking, a more intimate acquaintance, reveals we are deeply and vastly connected. Practice brings us more closely into connection with the indivisible nature of life, life is One.

How we live and what we do is ultimately One, what we desire and how we act is not separate, and the same is true for neighbour, community, nation, and earth's peoples. From such a point of view our practice is cosmic, social and healing in its affects-it is never just our own.

Taking time to be with our life on the cushion or seat, is to open to our shared reality. The resistance we notice is both a corresponding aversion we hold against closeness along with its attraction for intimacy and compassion. We both want to be more familiar, having more sensitivity and insight, but correspondingly we do not. This tension is very common in our practice and we are learning to practice with the acquired attitudinal positions much more than perfecting a methodology around posture and breath. The latter is still vital in holding, supporting, expressing and embodying our deepest commitment.

Persevering in meditation practice will bring us face to face with the agitation which goes with the difficult edges of practice, the mind states resisting being with our life as it is. This however is precisely the great work and one the wold benefits from.

Dates

WEDNESDAY MEDITATION

Resume sitting 7pm – 8pm
Wednesday 11th January

SATURDAY MEDITATION

Saturday 25th February
9am – 4pm
Zen/Contemplation
Orientation day with
retreat extension

Check website for more
details.

cloudmountainretreat.com.au

"The practice of true reality is simply to sit serenely in silent introspection. When you have fathomed this you cannot be turned around by external causes and conditions. This wide open mind is subtly and correctly illuminating" -Zen
Master Hongzhi

This is why we practice and this is why it is difficult-we are taking up our life as it is, rather than how we want it to be. We do find relaxation and rest, we do discover and loosen the contracted and tight defensiveness of body and emotions. But, we also find we are being invited into who we are rather than who we think we are.

This is a great freedom, but it is also a great loss, a great unearthing of the habits of thought and positioning we have participated in forming. We discover we chase what is dramatic, comfortable or repeatable. The good news, this is true for us all, we are not alone. Even the things which we have adopted or have adopted us are workings of Mind as reflected unity. The ego loves consistency about itself and for itself, its dedication it seems is to sameness.

How wonderfully freeing it is to realise the One mind which supports our illusions also supports their uncovering. The meditative life is always one of attraction and uncovering- could there be any other way? Taking up a discipline of meditation practice is the discipline of turning up for our life in each breath moment. And even when we do not-it is still intimately there.

Paul Sanders

Saturday: Zen/Contemplative Orientation **- with retreat extension**

The Saturdays are structured for those wanting to begin a practice within a spiritual path. While meditation has its origin in both Western and Eastern traditions-each tradition has its own unique way of instruction, language and supporting students on the path. These days provide instruction in posture, breathing and approaches in meditation while also offering a simple and direct way to become familiar with the language, imagery and instructional wisdom of both Contemplation and Zen Practice.

Dates; February 25

Cost \$40 conc \$25 those who would find payment difficult are most welcome to attend for the day without cost.

Retreat extension: There is opportunity to incorporate the Saturday and Sundays into a week-end package of meditation/walking/Rest.

Week-end package (Friday-Monday morning) Single: \$350
conc: \$250 Couple: \$550 conc: \$425

Cloud Mountain Latest news

NEWSLETTER

The NEWSLETTER is offered on a monthly basis to keep you informed of retreat opportunities.

RETREATS 2017

While Zen/Contemplative retreats will be our core work, CMR will be offering retreats linked to art and meditation, mindfulness and life/vocational themes.

PERSONAL RETREATS

You are most welcome to book into CMR for a personal break/retreat stay.

Please look under web tab.

KEEPING IN TOUCH

If you do not want to receive this newsletter please let us know via email.

