



Come, Stay, Go: Impermanence **with Lila Kate Wheeler**

3-Day Silent Retreat

Thursday, Sept 27th to Sunday, Sept 30th, 2018

The Margaret Austin Center, Chappell Hill, Texas

Sponsored by Insight Meditation Houston

A Retreat on Impermanence (*Anicca*)

“And this, too, shall pass away.” This well-known quote attributed to Abraham Lincoln is something, he said, “that is true and appropriate in all times and situations.” The Buddha would have agreed. At this retreat we will practice being mindful with special attention to the changing nature of experience. This is one of the Buddha's instructions, giving access to insights on the nature of existence: to be aware of arising and passing away, grounded in direct experiences. To be intimate with our life's ever-changing nature brings many blessings, including acceptance, appreciation, and wisdom. “How much it expresses! How chastening in the hour of pride! How consoling in the depths of affliction!” Lincoln exclaimed, summing up the benefits.

The retreat will be held mostly in silence, with formal sitting and walking meditation periods, question and answer sessions, early morning movement sessions, and meetings with the teachers. **This retreat is open to all.** We will take ethical precepts. Sitting and walking meditation periods will alternate, with a daily gentle yoga session in the mornings.

Instructor

Kate Lila Wheeler is a member of the Teacher Council at Spirit Rock Meditation Center in Woodacre, California and one of three core teachers leading their four-year teacher training program. She lives in Somerville, MA, and has won a number of awards for fiction, travel journalism, and spiritual essays. Her Tibetan lama, Dza Kilung Rinpoche, has also given her encouragement to teach.



Three Day Silent Retreat

The retreat will begin with a light meal at 7 p.m. on Sept 27th, followed by the formal opening at 8:15 p.m. It will end after lunch on Sunday, Sept 30th. **The cost is \$295**, which includes room and board. See the website for more details: www.insighthouston.org