



## RETREAT DETAILS

### GENERAL:

We'll spend the retreat in 'noble silence,' meditation, experiential practices, and inquiry.

Accommodation is twin share or private. Delicious vegetarian meals will be provided.

### WHEN:

4pm on Friday March 8 to 2pm  
on Wednesday March 13, 2019

### VENUE:

Brahma Kumaris Centre for  
Spiritual Learning, The Illawarra.  
Wilton, NSW

### PAYMENT (5 nights):

\$525.00 Twin share (Pensioner,  
full-time student, unemployed)

\$620.00 – Twin share \$640.00 –  
benefactor twin-share (subsidize  
others)

\$745.00 - Single (non-share;  
limited availability)

\$765 Benefactor single  
(non-share; limited availability;  
subsidize others)

### CONTACT:

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## The Second Arrow:

### Turning Difficulty into the Path

March 8-13, 2019 in Wilton, NSW

Difficulty happens in every life. When it arrives, how do we usually meet it? Mostly we have two pains – the objective pain of the situation, and the added mental pain inflicted by our unskilful reactions. It is, the Buddha said, “just as if someone were to shoot a person with an arrow, and then, right afterward, they were to shoot them with another arrow. Hence the person would feel the pain of two arrows.”

How can we transform our reactivity into the life-forward movement of conscious energy? In this five-day retreat, through meditation and guided exercises, we will illumine and change the dynamic of ‘the second arrow,’ so that we are better able to meet difficulty, live a more flourishing life, and find spiritual freedom.

### TEACHERS: Joyce Kornblatt & Christopher Ash

Joyce has practiced Buddhist meditation for decades.

She is a writer, and a Hakomi-trained

psychotherapist. She is the founding teacher of Cloud  
Refuge Sangha, Blackheath, in the Blue Mountains.

Website: [www.cloudrefuge.org](http://www.cloudrefuge.org)

Christopher has practised Buddhist meditation since  
the late 60s, founded Tortoise Mountain Sangha, and  
was a teacher at Blue Gum Sangha for years. He is a  
Focusing trainer and a psychotherapist.

Website: [www.christopher-ash.com.au](http://www.christopher-ash.com.au)

**DANA:** In keeping with the 2,500 year old tradition,  
the teachers are not paid for their dharma teaching.

Dana is the practice of giving through which we  
offer donations to the teachers as a sign of support  
for the teachings. Retreatants will have the  
opportunity to practise dana during the retreat.

