

# Being with Uncertainty: Welcoming what's Here

**2017 Easter retreat with Willa Thaniya Reid and Elizabeth Day**

**Friday 14<sup>th</sup> April 2 pm to Sunday 16<sup>th</sup> 5pm**

Our life is a constant stream of changing conditions: what will happen in the next moment is uncertain. This can be experienced as either painfully stressful or profoundly liberating, depending on our perceptions. The Buddha's teaching reflects directly on this experience and the way beyond the pain of these experiences of uncertainty and powerlessness.

Mindfulness of our direct experience supports us to come out of contention with the way things are and be at peace with life. This is not a passive giving-in to conditions but a profound realignment of our energy. An embodied understanding of the movement of life, in all its facets, allows the struggle with experience to cease, and the inherent freedom and 'knowing' of our hearts to be experienced. Cultivating the mind's capacity to be with the reality of the present moment allows innate compassion and wisdom to arise in response to what's here.

Over this weekend you will be guided in the cultivation of mindfulness of the body. Noble silence will allow a deepening of your ability to notice and reflect on 'inner' experiences: this brings the capacity to meet the 'outer' world. Through the practice of meditation, reflection and joint inquiry you will develop your capacity to 'welcome' what's here and know freedom from stress.