

The Sound of Silence and Its Amazing Display of Light and Colors Retreat with Oliver Leick in Yeselling May 17th – 20th, 2024

To find one's way to the lived experience of silence / emptiness to the unlimited qualifications and manifestations of light and colors is not only a philosophical challenge but also a breathtaking and marvelous endeavor towards inner awakening.

Based on the explanations of emptiness according to the teachings of Hinayana and Mahayana, we will dive into the vast dimension of the Path of Transformation, in which the aspect of energy is fundamental and crucial.

We will also search for our mind, which is not an easy task at all and actually a paradox: it is not possible for the mind to know itself because the one who searches is the mind itself and the object it wants to examine is also the mind. To see our own face, we use a mirror and in order to study our own mind, we need a method that functions like a mirror.

In order to understand the different aspects of wisdom and finally the so-called *three primordial wisdoms*, we will study the advice of various great masters. This opens up a way for us to live our lives in an undisturbed state of presence and awareness.

Everyone interested is welcome to participate in this retreat. It will be held as a hybrid-retreat: participation in Yeselling is very welcome but online participation is also possible; explanations will be provided in English.

Planned timetable: Friday, May 17th: 5.00pm - 7.00pm Saturday, Sunday, May 18th and 19th: 10.00am - 12.30pm and 4.00pm - 6.00 pm Monday, May 20th: 10.00am - 12.30pm

Course fee: Donation to cover the rent and heating costs in Yeselling, suggested: € 70.-

We kindly ask for registration until May 1st, 2024. <u>Please register here.</u>

We look forward seeing you soon in Yeselling! Kind regards, Your Gakyil

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