

# Mindfulness Meditation & Wisdom Teachings ~ Reflections on Beginnings & Endings ~ URBAN DAY RETREAT

With John Barter  
Psychologist and Meditation Teacher

BA.(Psych)(Uni. Syd.), Grad. Dip.Sci.(Psych) (Uni. Syd.), M. Coun. MAPS

*Realise and be -That which you always were and always are - that  
Divine Domain which death and life arise within'.*

Our life is a continual process of Beginnings and Endings, these are both our joy and our pain. Our life offers us the possibility of gracefully receiving and gently relinquishing all that which is time bound, with a mind - heart of Wisdom & Compassion. Yet there is that domain of Realisation of equanimously being beyond all Beginnings and all Endings, beyond all gain and all loss.

## Workshop Objectives

To learn, understand and create clarity and perspective to live mindfully with joy while accommodating life's realities.

## Topics Covered

- The importance of a Wise view towards life, self & others
- The development and practice of Mindfulness Meditation
- Understanding and using Equanimity
- Reducing stress, fear, anger and grief
- Realising Reality beyond the ego self contraction

## Teaching Methods

Using Mindfulness based Meditations, this Urban Day Retreat will offer both Wisdom Teachings & Mindful Practice to develop strategies to deal with our busy and stressful lives. Notes will be provided along with group discussions, questions & answers.

## Urban Retreat

**Saturday**

**6th December 2014**

**9.00am - 3.30pm**

(bring a plate of lunch to share)

**14 Ridge Street,  
North Sydney NSW**

**Cost \$130.00**

Early bird rate \$110.00

Bring a friend special rate

**Bookings ONLINE**

[Wwww.wellawareness.com.au](http://www.wellawareness.com.au)

**Enquiries**

Call Kerri (02) 9460 4131



## **John Barter**

is a Psychologist and Mindfulness Psychotherapist, Mindfulness Meditation Teacher. John brings to his work over 30 years of continuous study and practice of Mindfulness disciplines, 10 years of which he was an ordained Buddhist Monk of the Theravada Forest Tradition, living and practicing in Australia, Thailand, Britain and Europe.



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[www.wellawareness.com.au](http://www.wellawareness.com.au) [info@wellawareness.com.au](mailto:info@wellawareness.com.au)