

Rick Hanson 2011

5 day retreat, where Western and Buddhist psychology meet: Not-Self in the Brain

Not-Self in the Brain

We all experience having a particular identity which helps us navigate in the world - but that very sense of self is also a great source of suffering, as we cling to its wants and react to how others treat it.

The Buddha taught that not-self was one of the three fundamental characteristics of existence, alongside impermanence and suffering - but what he actually meant by that has been the subject of much discussion ever since.

In this retreat, through sustained investigation and practice, we will examine the apparent "self" - and its release - in light of Buddhism, evolution, and modern brain science; these perspectives inform each other, and together they offer powerfully practical tools for deconstructing the apparent self.

We'll explore:

- Presumptions about the apparent "self" in Western philosophy, psychology, and every day life
- The actual, direct experience the compounded, transient, and dependently arising nature of "selfing"
- The distributed, variable, conditioned - thus "empty" - nature of self-ing in the brain
- The costs and benefits of the apparent "me, myself, and I"
- The paradoxical importance of taking in healthy "narcissistic supplies" to relax selfing
- How to activate the lateral networks in the brain that support open, spacious awareness and minimal selfing

This intensive retreat will have long periods of practice, including sitting, walking and movement, as well as dharma talks, and opportunities for interview with the teacher.



Rick Hanson is a renowned neuropsychologist and meditation teacher, author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*

Date: Mon 2 to Fri 6 May 2011.

Cost: \$500

Location: At Inner Space - Wilton (Sydney)
150 Macarthur Drive,
Wilton NSW

Accommodation: Twin/triple share rooms. Bedding and towels not supplied

Bookings at Sydney Insight Meditators
www.sydneyinsightmeditators.org

