

WHEEL OF LIFE



Retreat Led by Lila Kate Wheeler and Katy Wiss

**Saturday and Sunday
September 26 and 27, 2020**

Sponsored by Insight Meditation Houston

Lila Kate Wheeler is a member of the Teacher Council at Spirit Rock Meditation Center and one of three core teachers leading their four-year teacher training program. She lives in Smerville, MA, and has won a number of awards for fiction, travel journalism, and spiritual essays. Her Tibetan lama, Dza Kilung Rinpoche, has also given her encouragement to teach.

Katy Wiss is currently participating in the Spirit Rock Teacher Training Program. She has also completed advanced study and practice courses at Spirit Rock, New York Insight Meditation Center, and Chuang Yen Monastery (with Bhikkhu Bodhi). Her practice focuses on ways to bring together the spiritual study and practice of insight and kindness with the academic and personal study of relational communication. Her aspiration is for relational communication to begin to repair suffering and for the attention to suffering to repair relational communication.

Wheel of Life: Do we 'get' that our life is entirely composed of creative engagements? That emotions make a huge difference in how we experience things? Or that the quality of our relationships can bring well-being or misery to ourselves, others, and our shared world? If so, we already understand something about the teachings of Dependent Origination, also known as The Wheel of Life, interdependence, interbeing, karma, and even rebirth. These are some of the most essential, practical and powerful teachings of Buddhism; they can also seem daunting and complex with infinite ramifications. On this weekend retreat, we will explore them in our real lives, as a virtual community. The colorful Wheel of Life, a teaching through art, will be offered as grounding for seeing how healthy and unhealthy emotions create very real waves and distinct experiential tones -- every day. We can "awaken" directly within our experience of the everyday cycle and begin to see that awareness, waking up to what is, begins to generate spaces, inwardly as well as externally, that feel more open, supportive and real.

The daily schedule is intended to be both compact and spacious, running 7 AM to 3 PM Saturday and 7 AM to 2 PM Sunday Central Time. There are ample breakfast and lunch breaks. The days will include meditations in stillness and movement, short Dharma talks by each teacher, and instructions for interacting with our environment between Zoom sessions.

Cost: The \$60 fee covers only the operating cost of the retreat. The fee does not include any teacher compensation. Participants customarily give good will donations (dana) to the teacher at the end of the retreat or at the time of registration..

Insight Meditation, which has been practiced in Asia for 2,500 years, develops concentration and awareness through focusing the attention on the breath, thoughts, and emotions. It allows one to see the conditioning of the mind and live more fully in the present moment.

Registration: Registration instructions will be found on our website. To find the registration information, go to <http://insighthouston.org> and click on the retreats tab on the left-hand side. You either can register online or print and complete a form, mailing it in with a check made payable to "Insight Meditation Houston" to:

Insight Meditation Houston
% Marilyn Jones
1820 Bolsver
Houston, TX 77005

Registration will close on the end of the day, September 24, 2020.

Scholarships: Scholarships for 75% of the fee are available and can be requested for any reason. You can find the details and an application on the website at <http://insighthouston.org>

Questions

If you have any questions, please email us at meditationhouston@gmail.com

Wheel of Life image from the Rubin Museum of Art, New York City.