

Maitreya House

A retreat centre in rural Herefordshire
run by the Crystal Group charity



Loving Kindness

Day course, Jan 19
led by Simon Michaels

How we can use loving kindness to heal ourselves and help others in the midst of our busy, stressful lives?

When we reach deeply into our underlying nature, looking beyond our day to day worries and our own limitations, we find a place of great stillness and unfathomable love. This wellspring is there in all of us, but normally remains obscured.

This day course will aim to help us to sense that place of love, and we'll learn some simple ways in which we can 'touch base' even when things get tough. These practices can make a real difference, not just to our own happiness, but to others around us.

Simon is a meditation practitioner with 15 years experience, having studied with Namgyal Rimpoche (root teacher) and others in a lineage which derives from the teachings of the Buddha as well as other traditions.



Whilst the practices are entirely pragmatic and non-'religious', the teaching is traditional in the sense that the practices are entirely consistent with the Buddha's direct instructions.

The cost of the course is £30 (for retreat centre costs). Contributions are also welcome for the teaching or additional cash support for the Centre. We will bring food to share. **There will be an introduction on Friday evening at 8pm. On Saturday we will start at 8am and finish at 6pm.** The venue is in a rural location, between Abergavenny and Hereford, about 1.5 hours from Cardiff. Overnight accommodation is recommended at the Centre (twin rooms) on the Friday night, at a cost of £18 per night, but if necessary you can arrive on Saturday morning by 7.30am latest. If you are staying Friday evening, please try to arrive by 6pm to settle in. This course is suitable for people with all levels of meditation experience.



See www.maitreyahouse.org.uk for venue details.

Book with Simon: contact at simon.michaels@yahoo.co.uk 07970 498213.

Full fees are payable on booking and non-refundable as we need to book and pay Centre costs up front. The maximum number of people is 10 so book early!
