

Letting Go Into Clarity

Weekend Retreat

in Berlin

with Gerald Blomeyer



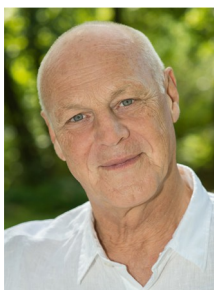
The future is less and less predictable. We're under pressure and stressed, constantly chasing contradictory thoughts and feelings in our mind. With meditation and mindfulness we learn to be aware of the present moment, to be open and completely relaxed. This isn't something we attain, but a constant process of letting go and being present.

This weekend we'll be practising four types of meditation: breathing (shamatha), insight (vipassana), non-meditation (awareness), and compassion. Each of these contributes to experiencing our true nature directly, the silence, the awareness that is always there, always healing and knowing. This is the source of trust and healing. Furthermore we'll "feed our demons", a compassion meditation integrating the positive energies of your disowned self.

The meditations encourage us to directly access the "self" in our daily lives. We learn to relieve the parts of the psyche that feel alienated, anxious or hurt, and welcome them with respect and compassion. This helps to balance the parts of us that feel hurt and overwhelmed.

Meditation starts with compassion for ourselves. This allows us to be more open and sensitive to ourselves and others, more curious, appreciative and less judgemental. Meditation reduces stress and increases well-being.

The course offers contents of the Buddhist world view, current insights from brain research and psychology as well as exercises, meditations, discussion and simple yoga.



Gerald Blomeyer

Thirty years ago, I started Buddhist meditation and studied and practiced Tibetan Buddhism. Professionally, I taught at universities for ten years and ran my own PR agency for 17 years. For eight years I lived in India and Nepal to study Buddhism with great masters and to help with the NGO

Alice Project School in Sarnath. For two years I taught meditation at the Buddhist Meditation Center in Pokhara (FPMT.org) to people from all over the world on a daily basis as well as the basics of Buddhism at the weekend courses. Since returning to Berlin five years ago, I've been teaching meditation and Reiki, as well as courses on mindfulness as a leadership practice.

Meditation Intensive in ENGLISH

March 8th and 9th, 2019

Friday 5 pm – 8 pm

Saturday 10 am – 5 pm

Cost

Per person 120 Euro .

Please pay when the course starts.

At

Osnaabrücker Str. 9
10589 Berlin-Charlottenburg

Please bring

Comfortable clothes and warm socks.
Biscuits, fruit or nuts for the breaks,
and a lunch to share

Registration

By March 6th 2019

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Infos

www.blomeyer.berlin

12 Meditationen (German)
www.blomeyer.berlin/2018/06/06/zeit-fuer-mich/

Podcasts

www.blomeyer.berlin/podcasts

www.insighttimer.com/GeraldBlomeyer