

## Balancing the Mind and Heart

### Vipassana Retreat

Oakwood Retreat Center near Selma, Indiana

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Weekend of August 22<sup>nd</sup> - 24<sup>th</sup>, 2008

**Matthew Flickstein**, a former psychotherapist, founded The Forest Way in 1993. He has been practicing and teaching insight meditation for over thirty-two years. Matthew has studied with teachers from many spiritual traditions and at one time was ordained as a monk in the Theravadan Buddhist tradition.



In 1982, Matthew co-founded the Bhavana Society Monastic and Meditation Center in West Virginia with Bhante Gunaratana.

Matthew has published two books, *Journey to the Center: A Meditation Workbook* and *The Meditators Atlas: A Roadmap to the Inner World*. He is currently directing a documentary entitled *Voices of Truth: The Meeting Point of all Mystical Traditions*.

### BALANCING THE MIND AND HEART

There are many myths associated with the birth and life of enlightened beings. Regardless of how unusual their lives are reported to be, as we read their stories it becomes apparent that prior to realizing their inherent divinity, they had to fully embrace their humanity.

Many meditators focus on the transcendent aspect of their practice and may neglect to balance the development of their wisdom with the cultivation of an open heart. This leads to experiencing a "glass ceiling" in terms of their spiritual development, where progress is halted because they are unaware of a blind spot in their practice. This retreat will focus on developing a balance between wisdom and an open and loving heart. During the retreat there will be meditation instructions, dharma talks, and teacher conferences.

Cost: \$190.00 for the weekend (\$100.00 deposit). Please mail deposit and application to:

**Tammy Dyer – 13910 Spring Hollow Road- Fort Wayne, IN 46814**

Or for more information email **Tammy Dyer at [tsdyer@comcast.net](mailto:tsdyer@comcast.net)**

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