



Practice for Hard Times

a meditation retreat
with a focus on
socially engaged Buddhism

led by
ERIC KOLVIG

8 to 15 April 2011

at
Riverslea Retreat Centre
733 Otaki Gorge Road
Otaki



P.O. Box 6626, Wellington 6041, Aotearoa New Zealand
contact@wimc.org.nz · www.wimc.org.nz

COST

The fee to attend this retreat is \$635. If as a result of the generosity of people contributing to Eric's travel costs though Aotearoa Buddhist Education Trust this expense is covered, part of your fee will be returned.

REGISTRATION

To reserve a place on this retreat, phone or send an email, and deposit \$100 (fully refundable until 28 February 2011) into account no. 38 9010 0244181 00 at Kiwibank, or post a cheque or International Money Order payable to WIMC. To confirm your place, complete the form and post it together with full payment, or email the information.

DANA

While your retreat fee covers accommodation, food (organic, mainly locally sourced), the teacher's travel costs and some admin expenses, the teachings are freely offered.

The generosity of others has sustained Eric Kolvig as a teacher, enabling him to offer his teaching in New Zealand. You are invited to give dana (gift, or koha, in Pali) to the teacher at the end of the retreat, which will enable him to offer the teachings to others.

Dana is a practice of generosity which has supported Buddhist practitioners for two and a half thousand years. Systematic generosity like this requires us to trust, and live moment by moment in the fullness of life, opening our hearts to both giving and receiving.

FOR MORE INFO, AND TO REGISTER

Contact Ramsey Margolis
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heuristics@mac.com



Riverslea Retreat Centre

Practice for Hard Times

I would like to attend this retreat with Eric Kolvig at Riverslea Retreat Centre, Otaki, New Zealand

My cheque / International Money Order for NZ \$ _____ payable to Wellington Insight Meditation Community is enclosed

I have deposited NZ \$ _____ into bank account 38-9010-0244181-00 with the reference _____*

Name _____ Phone _____

Address _____

Email _____

To confirm your place on this retreat, send this form to Eric Kolvig, Otaki retreat, WIMC, PO Box 6626, Wellington 6041, New Zealand

** To make an international bank transfer email for the SWIFT code*



Practice for Hard Times

The earth's environment degrades faster. Species go extinct. Enmities and wars, both inner and outer, seethe on. If you have eyes for it, you may see that injustice occurs more often than justice in many places.

We feel the urge to respond, and we want to do so in ways that will make a real difference.

So, how can we be, and what can we do, in such circumstances?

We can work deeply with our minds and hearts by learning to balance awareness, compassion, and equanimity.

These three powers, along with wisdom, can help us to live more at peace in unpeaceful times. They can also help us to act in ways that heal both ourselves and our world.



During the days on this retreat we will silently practice mindfulness (vipassana) compassion and equanimity meditations, training ourselves to be more present, open, and skillful in the face of harsh social realities.

During the evenings we will hear dharma talks and have community discussion about spiritually-based social engagement and compassionate action.

The retreat will include individual meetings with the teacher.

While no previous knowledge of Buddhism or meditation experience is necessary, those with an established meditation practice and knowledge of the teachings of the Buddha will gain much from it.



There are, monks, successes in living caused by wholesome volition, issuing in happiness, resulting in happiness. ... There is the person who abstains from the destruction of life; with the rod and weapon laid aside, that person is conscientious and kindly, and dwells compassionate towards all living beings.

*The Buddha
Anguttara Nikaya, X, 206*



ERIC KOLVIG was born and raised in New Hampshire by his Cook Islands mother and Danish-American father.

He has been teaching in the vipassana Buddhist tradition since 1985, leading meditation retreats and giving public talks around the United States.

Eric has a particular interest in grassroots dharma, building spiritual community in democratic, non-authoritarian ways.

During the past decade, he has also led retreats in the wilderness, both backpacking and canoeing; Eric is interested in the special value of spiritual practice in the natural world.

He has worked with many teachers, primarily Joseph Goldstein and Sharon Salzberg, in the lineage of Mahasi Sayadaw of Burma, and also with Richard Clarke in the zen lineage of Roshi Philip Kapleau.

Eric lives in a rural intentional community in northern New Mexico. His writings, dharma talks and other material can be found on www.ericolvig.com.

YOUR GENEROSITY IS SOUGHT

Contributing towards Eric's travel costs will reduce the cost of this retreat, making his teachings more accessible to more New Zealanders.

Donations can be made through Aotearoa Buddhist Education Trust.

To find out how visit www.abet.net.nz.

