

Which truth to follow?

New Year Insight Dialogue online retreat for experienced ID practitioners with Bhante Sukhacitto, assistance Harald Reiter

In this Online – retreat we will explore, how we can find refuge in this time of uncertainty. In Insight Dialogue one of the guidelines is *Speak the truth* and with that our subjective truth of the moment is invited to be spoken. And we are also invited to check, whether we are really speaking our truth of this very moment. Or maybe we are speaking out of habit or to impress others or to manipulate people around us to get what we want. Which truth can we find refuge in in this time of fake news and uncertainty? The Not-Knowing is very present and we are looking for guidance. Can we pause, relax and open into this Not-knowing? Can we attune to what emerges, can we find refuge in the midst of impermanence? Let us listen deeply to what comes up from the depth of our mind-heart. We also will explore and deepen the 6 Insight Dialogue guidelines and there will be times for silent practice. For more information about Insight dialogue you can visit www.insightdialogue.org.

Experienced Insight-Dialogue practitioners (at least one weekend ID experience) are invited to join us from 27th December to 2nd January online.

We will practice together on each day from 9 to 12 a.m. and 3 to 6.30 p.m. CET (Central European Time). On 31st December the times in the afternoon will be from 3.30 to 6 p.m. and in the evening from 8 p.m. to 00.15 a.m. On 2nd January we will finish at 4 p.m.

Online-practice via Zoom – for more information visit the website mentioned below.



Bhante Sukhacitto

Bhikkhu Sukhacitto was born in Germany in 1963 and first came into contact with Buddhism in 1986 in Thailand by attending a meditation retreat, offered through Wat Suan Mokkh. He ordained there as a monk in 1990. He returned to the West in 1993. Since then he has lived at various monasteries, including Dhammapala Monastery in Switzerland for six years and Amaravati Monastery in the UK for 4 years. On his first Insight Dialogue retreat in 2005, he was amazed by the powerful experience of meditating together with other people and subsequently joined many more Insight Dialogue retreats. In 2010 he began his teacher training with Gregory Kramer and other teachers. In his experience, interpersonal meditation is an extremely helpful aid for the development of wholesome qualities. It bridges the gap between traditional silent meditation and our everyday lives and relations with other people. Bhikkhu Sukhacitto sees Insight Dialogue as an important tool for liberation. For 3 years Bhikkhu Sukhacitto was running Kalyana Mitta Vihara, or “House of Noble Friendship,” a small community where relational practice was part of the living. Further information: www.einsichtsdialog.de, www.dhammadialog.de



Harald Reiter is a meditation teacher in the Theravada tradition, Insight Dialogue facilitator and since 2020 in an ID teacher-training with Gregory Kramer and others. He learned from and practiced with various teachers in and from Thailand, Sri Lanka, USA, and Europe. www.haraldreiter.com/ueber-mich/about-me

Important to know:

- Participants are expected to attend the whole course. Silent sitting in the morning (6 to 7) and evening (8 to 9) is optional but recommended. The evening on 31st December is part of the retreat and participation is expected.
- PC or laptop with camera and microphone and a stable internet – connection is necessary
- a quiet place for the times of practice is also necessary

Dana: This retreat is offered out of generosity and you can practice generosity with a donation too.

For Registration and further information visit www.haraldreiter.com/which-truth-to-follow