

TUESDAY, SEPTEMBER 22

Community Night presented by Nic Redfern

"Living with Uncertainty"

6:15 - 30 minute guided sit, introducing the insight dialogue guideline "attune to emergence".

6:45 - a contemplation on the theme of impermanence for folks to explore in triads, and a return to the large group for reflections, insights, and questions

Insight dialogue is a whole life meditation practice designed to help us to be awake in our every day lives, particularly as we engage in the complexity of interpersonal relationships. It brings together meditative awareness, the wisdom teachings of the Buddha, and the power of relationship to develop the cultivation of mindfulness, compassion and insight. We will be bringing wakeful awareness into the heart of speaking and listening in small groups, supporting deep inquiry and insight into this shared human experience.



Nicola Redfern has an extensive background in both Zen and Vipassana meditation. She has been trained to teach Insight Dialogue by founding teacher Gregory Kramer. With a strong belief that awakening is not simply a solo endeavor, Nicola is particularly interested in getting meditation off the cushion and fully integrated into life, work, and relationships. She has also taught Nonviolent Communication and co-teaches courses on unlearning racism. Nicola lives in Santa Fe, NM