

Resonant Body, Spacious Awareness: The Synergy of Continuum and Mindfulness Practice

with Sabine Mead and Ron Vereen



October 18 - 20, 2019

Shared Visions Retreat Center, Durham, NC

“Becoming aware of the primordial-cosmic flows of information can be instrumental in diffusing our cultural inhibitors, helping us to move beyond our stifling adaptive patterns, ultimately becoming a resource for health and creativity.” ~ Emilie Conrad

“Enlightenment is to be found in this fathom-long body and nowhere else.” ~ Shakyamuni Buddha

This human form is an integral and inseparable dimension of the universe, yet adaptive and conditioned patterns can keep us from embodying the energetic wholeness and spaciousness of fully living this truth. Inevitably, we feel the distress of our sense of separate solidity, but if we remain curious about existence, a longing for the truth will arise.

Fortunately, there are a body of core teachings intended to address our conditioned patterns. Practices derived from these teachings can move us toward greater realization of our true nature. If we undertake this journey we will be less likely to over-identify with form and begin to view form as a vehicle for awakening. As we more freely abide within the nature of form we see how all conditioned phenomena are interdependent and in constant flux, including this body and mind. This seeing that frees will then move us along the journey toward abiding within formless, spacious awareness – the eternal Now.

The practices of Continuum and Mindfulness are part of a body of teachings designed to experience the bodily form in a radically different way while addressing the inseparable mental formations as well. Although coming from different traditions, they intersect to bring forth a synergy that reveals more and more of the truth of existence as practice evolves.

In this two-day retreat, participants will be exposed to a variety of practices from both Continuum and Insight or Mindfulness Meditation. Our time together will unfold and progress as we dive into practices that build upon one another. Designed to drop us into the spacious, formless awareness that simply observes all phenomena arising and passing away, the fluid and dynamic nature of existence can be directly known from a deep, experiential level. Wisdom reveals that the bodily form *is* movement, bringing forth the realization that movement is not what we do but rather what we are – formlessness within form, a reflection of the whole of the universe – returning us to the primordial world of the preformed.

Friday, October 18, 7 - 9pm; Saturday, October 19, 9 - 5:30pm; Sunday, October 20 9 -4:30pm

Fee: \$145 For more information, contact Sabine at resonantbody@me.com

To register, go to <https://squareup.com/store/spanda-studio/item/resonant-body-spacious-awareness-1>

Partial scholarships offered on need basis