

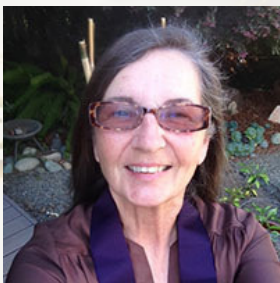
# Meditative Retreat

## Saturday, February 23

### 9:00 AM to 3:30 PM

NOT CLINGING TO SELF-IDENTITY  
WITH DIANE WILDE

**Not clinging to Self-identity** is the first “marker” on the path to liberation — and could be divided into both exterior and interior ‘processes’. Our exterior self-identity fixates on how we need to be seen by acquaintances and strangers with our predefined narrative. We want our “specialness” to be recognized. Our interior self-identity is a confusing contrivance which is constantly changing, re-evaluating and re-constructing itself. In fact, our mutating interior self-identity causes even more suffering than the outward modality in which we face the world. In contemporary terms, working with self-identity might be defined as, learning how to not take ourselves so seriously. At our daylong we will learn from traditional Buddhist teachings, as well as contemporary teachers, how to start releasing this bag of tricks that ultimately makes no sense at all. We may even begin to see the truth that clinging to self-identity is ultimately the source of our suffering... and begin to let go. Our day will be mostly in silence except for periods of discussion/Dhamma talk. Please bring a lunch and if possible, your own plates, cups and utensils.



**3111 Wissemann Drive, Sacramento, CA**

**Registration available online**

**[www.sactoinsight.org](http://www.sactoinsight.org)**

**Sliding scale \$15 to \$35**

**DIANE WILDE** has studied meditation in various traditions since 1990. In 2001 she was a founding member of Sacramento Insight Meditation. She founded Buddhist Pathways Prison Project (BP3) in 2010. Since 2003, she has been a BP3 prison chaplain and aids in coordination of 75 volunteers who offer Buddhist services at numerous California prisons and jails. She is a graduate of Sati Center’s Buddhist Chaplaincy program and graduated from Spirit Rock Meditation Center’s Community Dharma Leadership Training Program. She is a board member of Sati Center for Buddhist Studies, Sacramento Dharma Center, Buddhist Pathways Prison Project and California Dept. of Corrections Volunteer Advisory Board. In 2015 she was lay-ordained as a Buddhist minister by her teacher Gil Fronsdal.

**A 2019 event hosted by Sacramento Insight Meditation**