



An offering by Sacramento Insight Meditation (SIM)

Daylong Meditation Retreat

The Five Daily Recollections

A One Day Retreat– with SIM’s Community Teacher Rev. Diane Wilde

The Buddha advised his followers to reflect on five topics daily: aging, sickness, death, separation from those we love, and our own karma. The surprising result from this practice is paradoxical... spending more time with these concepts, rather than continually creating diversions to avoid “thinking about something unpleasant”, causes us to live with more ease and equanimity. Neurologically, with avoidance we pay the price. Resistance causes greater and greater anxiety and tension... often culminating in painful physical and mental manifestations. We will investigate any resistance we might have to one — or all of these five recollections — and how to use these reflections as a benefit for our daily mindfulness and meditation practice.

If the weather is nice, we may spend some time outside. Bring a blanket to sit on, or a folding chair. Please bring your lunch.

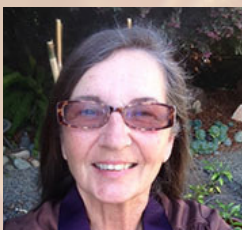
Saturday, April 27 @ 8:30 am - 3:00 pm

3111 Wissemann Drive, Sacramento, CA

Registration available online

www.sactoinsight.org

Sliding scale \$15 to \$35



DIANE WILDE has studied meditation in various traditions since 1990. 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.