



7 DAY METTA – LOVING KINDNESS LIVE-STREAMING RETREAT
Sat August 8 - 15 2020
with Fred von Allmen, Ursula Flückiger & Irene Bumbacher
(tentative partial participation of Carol Wilson via Zoom, see below)

With the practice of Metta we cultivate an inner attitude of connectedness and benevolence, which includes all living beings without exception – including oneself. Metta is the counterforce to anger and also to fear, anxiety and apprehension. This is why Martin Luther King said: "I have decided to rely on love. Hate is far too heavy a burden." Together with the quality of Metta we cultivate inner collectedness and steadiness of mind.

Due to the current situation, we can only accommodate a small number of people in single rooms at our center for this retreat. In order to make it possible for other interested people to participate, we offer this possibility to partly join the retreat via live streaming. Once a day there will be time for questions and answers via Zoom about the Metta practice.

Course language: ENGLISH.

Whether it will technically work out with Carol's partial participation from California via Zoom, we unfortunately cannot promise. We therefore advise against participation if you do not want to be there without Carol. If it works out, she will give two Dharma talks and 2 x Q & A.

The retreat can be understood as a formal silent home retreat or as a Metta practice support in everyday life. Please be aware that the instructions and lectures are mostly directed to the participants on site.

Costs: Fr. 120.-/€ 115. Please transfer the course fee to one of our accounts <https://www.karuna.ch/en-Kurse-Programm-Zahlungen-Bankverbindungen> with the note "Live-Streaming Metta-Week 20.22.2.

According to Buddhist tradition, the teachers do not charge a fee. However, they are dependent on donations for their livelihood.

As the streaming success has to be proven first, please make teacher donations only when it shows to be working. For all teachers of this course please use the following bank account (the center is not allowed to accept teacher donations):

Ursula Flückiger von Allmen
Migros Bank, 8010 Zürich, Schweiz
IBAN CH29 0840 1000 0598 8662 5
SWIFT-Code (BIC): MIGRCHZZXXX
Note: «Live-Streaming Metta-Week»

With many thanks!

Please turn over!

Tentative schedule/Central European Time (the final schedule follows later together with the link):

Saturday, August 8 20.30 h: Introduction, Meditation

Sunday, August 9 - Friday, August 14:

06.45 - 07.30 Short Instructions and Sitting Meditation

09.15 - 10.15 h Instructions and Sitting Meditation

14.30 - 15.15 h Instructions and Sitting Meditation

19.15 - 20.15 h Dharma Talk

20.45 - 21.30 h Sitting Meditation and Dedication / Q & A with Carol via Zoom, if the connections work.

Saturday, August 15

09.15 - 11 h Sitting Meditation, Closing Talk, Dedication

15.30 h/20.45 Questions & Answers about Metta practice via Zoom, times alternating. They will be communicated later with the access link.

At other times follow either the schedule for the practitioners in the center (will be sent with the Zoom link) or according to your own possibilities.

Requirements:

- Familiarity with the Zoom platform as no technical support can be provided.
- A computer or laptop with camera and microphone and a stable Internet connection.
- Quiet place at home.

Note: The practice at home might not be suitable for people with mentally fragile conditions. Participation is at your own responsibility.

REGISTRATION:

Until August 2 with the online form under the following link: <https://forms.gle/KguXZQSezZuBVnnz9>

The registration will not be reconfirmed.

After registration and payment, **the zoom access link as well as the daily schedule** on site and further information will be sent by e-mail **approx. 3 days before the course starts.**

We would be happy to support your practice at home!

