



The Contemplative Consciousness Network

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Dear Friends

After having spent a wonderful five weeks on Holy Isle helping to organize the CEBTT course with Dr Alan Wallace and Dr Eve Ekman, I am back home for a few days before leaving for the eight week retreat in Phuket. So this is a quick newsletter to fill you in on recent and future events.

### **Update on the retreat with Alan Wallace in June next year.**

The retreat has been extended by one day so it will now run from **5th -13th June 2015**, not 12th as previously advertised.

The retreat will be based on one of Dujom Lingpa's Mind Treasures: "The Foolish Dharma of an Idiot Who Wears Mud and Feathers for Clothing" This is a profound Dzogchen text and it is wonderful that Lama Alan has agreed to teach it for us.

The full details and booking form will, as promised, be sent out soon after I return on 18th October. I cannot accept requests before then, but Gaunts House can take 99 people in rooms and up to 120 with camping, so there should be no problem getting a place once bookings open in October.

### **Alan will also be a keynote speaker at the Summer 2015 Conference on Mindfulness & Compassion**

At Kagyu Samye Ling, Scotland UK

Exploring the Science of the Mind

Hosted by the Mindfulness Association in association with the University of Aberdeen  
25-28 June 2015

Booking for this conference opens in the new year.

Meanwhile for full details [Click here](#)

### **CEBTT on Holy Isle off Arran**

On the 6th June 2014 all fifty of us arrived on Holy Isle on boat after boatload, excited and full of eager expectation and possibly a few nerves, after all we were going to be together on this island for five weeks. How would we survive with no entertainment beyond the group? We were a wonderful international group with 18 nationalities represented.

Any fears there may have been soon subsided with the warm welcome and the start of an intensive three weeks with Dr. Alan Wallace on the Four Balances. 1. Conative (motivational), 2. Cognative (Vipashyana or a reality base view of the world and ourselves), 3. Attentional (Shamatha or attention training to increase the ability to pay focused attention.) and finally 4. Emotional (using the Four Immeasurables, loving kindness, compassion, empathetic joy and equanimity). All this was couched in a growing understanding of both Hedonic and Genuine Happiness and the difference between them. Emotional Balance to a large extent depends on Genuine Happiness.

During the last two weeks Dr Eve Ekman led us through the training in Emotional Awareness developed for this course. These two weeks also included plenty on the teaching of CEB and how to use the material. There was group work and each group developed a presentation of CEB for a different audience, Business, education, medical professionals, yoga teachers and dharma centres. This really gave us a chance to show the great amount of creative talent in the group. During this time we also had three meditations a day guided by Glenn Svensson and Alma Ayon, both experienced meditation teachers. Before breakfast and after supper members of the group led meditations by way of teaching practice.

As a result of this course we hope to start up the teaching of CEB in the UK with the help of Malcolm Huxter, who is a teacher of CEB in Australia, who has come to live in the UK for 5 years. He is both a skilled therapist and a long term practitioner of Buddhist meditation, Malcolm has agreed to co-ordinate the teaching of CEB in the UK.

### **Monthly CCN London Study Group**

After a two month break, we are looking forward to recommencing our study group, on Saturday 20th September from 10:00am - 4:00 pm at The Study Society, Baron's Court, West London, which is just 3 minute's walk from Baron's Court underground station, which is on the District and Piccadilly lines. People wishing to join should [click here](#). We have recently started reading a new book - Dr Alan Wallace's "Buddhism with an Attitude". We are not far into this so joining at this stage in the year is a good idea.

### **Alan Wallace in Europe 2015**

Apart from the June retreat in the UK there will be the following events in Europe next year.

May 14 2015 - May 17 2015

Lecturing at the European Conference on Mindfulness and Awareness

Contact: [vinciane.rycroft@rigpa.org](mailto:vinciane.rycroft@rigpa.org)

City: Roqueredonde, France

May 18 2015

Lecturing on "Cultivating Attentional Intelligence"

Contact:

Info: [info@centre-kalachakra.net](mailto:info@centre-kalachakra.net)

City: Paris, France

May 19 2015

Lecturing on "Cultivating Attentional Intelligence"

Contact:

Info: [info@centre-kalachakra.net](mailto:info@centre-kalachakra.net)

Sponsored by: Centre Kalachakra

City: Paris, France

May 20 2015 - May 25 2015

Meditation retreat on "Settling the Mind in its Natural State:

Discovering the Innate Bliss, Luminosity, and Conceptuality of Unmodified Awareness"

Contact: [info@centre-kalachakra.net](mailto:info@centre-kalachakra.net)

Sponsored by: Centre Kalachakra

City: Paris, France

There will be other events in Europe for which details are not yet available. For information on events you can always visit: [http: click here.](http://click here)

With Warm Wishes to all,  
Elizabeth

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