



The Contemplative Consciousness Network

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Dear Friends from Holy Isle,

I hope you all have reached your destinations safely. Here is a copy of the newsletter with all information that I sent out before Christmas as promised.

Wishing you all many blessings in 2015.

With Love  
Elizabeth

Dear Friends,

This newsletter comes with a number of interesting events for next year. After a quiet year we seem to be heading for a more active 2015. This year I have completed the Emotional Balance Teachers Training which was held very successfully on Holy Isle with fifty participants. I was also lucky to be able to attend the 8-week Dzogchen retreat in Phuket, which Fran describes below. Next year both the CEBTT and the 8-week retreat are being held in Australia.

I send you all my warm wishes for the new year, Elizabeth

### **Retreat with Lama Alan Wallace 5th-13th June 2015**

As some of you already know this will once again be a Dzogchen retreat based on the Dudjom Lingpa text. "The Dharma of an Idiot Who Wears Mud and Feathers for Clothing." This is a very wonderful text and as this retreat comes after the 8 week Dzogchen retreat in Phuket this year, it will surely be an inspiring time together. There will be a strong sense of Sangha I am sure. The retreat will be in the beautiful Dorset countryside at Gaunts House.

Although Gaunts House has very few single or en suite rooms, all the rooms are spacious and carpeted, there are several sitting rooms and an extra hall for personal practice, so it will feel spacious and quiet. Please pass the information about the retreat on to anyone you know who might be interested. If you have trouble with the links the full details and forms are also on the [CCN](#) website. For Full Details [CLICK HERE](#). for booking form [CLICK HERE](#) Please book early to ensure your place.

### **The European Mind Centre and CO Update**

There is exciting news to share with you about the Mind Centre project. During the 8 week retreat in Phuket some land for sale in Tuscany came to Alan's notice. The land has been visited by Khandrola and she has described it as an excellent place for achieving shamatha and realisation.

The land is not far from the Lama Tzong Khapa Institute which is part of the FPMT. Lama Zopa Rinpoche has given his blessing for the land to be purchased for the Mind Centre and CO in Europe. Alan has been in Italy for the past week to present the project to the local authorities with the request for a special use permit. The meetings have gone very well. Of course there will be a number of things to be done but it all looks very promising. Please keep up prayers and aspirations for the smooth development of the project with many blessings. We will keep you updated on progress.

Alan suggest the Seven Line Prayer to Guru Rinpoche ([click here](#)) as a good prayer, but feel free to use whatever inspires you.

### **The 8 Week Dzogchen Retreat in Phuket by Fran Giaquinto**

On August 21st 2014, a group of people from ten countries came together for an eight week silent retreat with Lama Alan Wallace. It marked the eighth retreat in Thanyapura retreat centre in a beautiful and rural part of Phuket in Thailand. The teaching text was the first three of six bardos taught in Padmasambhava's Natural Liberation with commentary by Gyatrul Rinpoche and translated in 1998 by Alan. [Read More](#)

### **The First Cultivating Emotional Balance Course in the UK with Malcolm Huxter**

Malcolm Huxter has worked with Dr Alan Wallace on the Teacher training for this course. He is a Clinical Psychologist with many years of experience as well as many years of experience in Buddhist Meditation mainly in the Theravada Tradition. This is a 42 hour training and will run on six Saturdays starting in January. It will be held at Colet House, the Study Society. For a flyer [Click Here](#) For full details and application form visit Malcolm's website [here](#)

### **EQ Summit March 20th 2015: 'The Mind of A Leader and Its Potential: Emotional Intelligence, Mindfulness and New Capitalism.'**

The 2015 EQ Summit aims to draw attention to the importance of cultivating the mind of a leader and its potential for creating leadership influence. Drawing on the science of psychology, economics, contemplative science and neuroscience, speakers will provide a better understanding of how leaders can engage in better business practice by cultivating mindfulness, virtue and emotional and social intelligence. It aims to provide a compelling and more relevant view of business as a system of social cooperation for transforming our lives for the better and bringing opportunity and hope to the billions of people still living with poverty.

Dr Alan Wallace is one of the Keynote speakers at the conference and is also

leading a Mindfulness workshop on 19th March. Dr Eve Ekman the daughter of Dr Paul Ekman co-creator of the Cultivating Emotional Balance Training. Martyn Newman the organiser of the Summit has asked me to mention this conference, it is a Corporate Event and priced accordingly, he is offering members of the network a 20% discount for an extra month. For details [Click Here](#) To visit the website [Click Here](#)

### **Samye Ling Mindfulness and Compassion Conference 25th - 28th June 2015**

This year the Samye Ling mindfulness conference has some very interesting speakers. Among them are:

- Prof Paul Gilbert OBE, patron of the Mindfulness Association, who developed Compassion Focused Therapy and has researched the fears, blocks, and resistances to compassion, looking at a range of physiological processes that indicate resistance and difficulty in expressing compassion.
- Alan Wallace, an internationally recognised Buddhist teacher who is instrumental in communicating the heart of Buddhist teachings for a modern audience.

For full detail about the conference follow this [LINK](#)

### **Love Your Mind Workshop with Tracy Chau Welcome 2015 with a Body Speech and Mind Detox!**

During this day workshop Tracy will lead you through

- A sequence of exercises drawn from Qi-gong
- Being up close and personal with the awareness of breathing
- Meditation sessions

Tracy has done the Cultivating Emotional Balance Teachers with Dr Eckman and Dr Wallace, she is a Tibetan Buddhist and draws on Buddhist Psychology for her work in Love Your Mind which focuses on well-being.

For full details of the day [Click Here](#)

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