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Dear Friends,

The purpose of this newsletter is to give you information and dates for all the events that Lama Alan Wallace will be leading in UK and Europe in 2016. This is definitely the year for Europe and both the CEBTT Training and the eight week retreat are taking place in Spain and Italy respectively. We also have details about an exciting weekend in London after the Samye Ling retreat.

May I take this opportunity to wish everyone a happy festive break and a positive year ahead.

With best wishes,

Elizabeth and the CCN team

**NEW Dates for your Diary: 2nd & 3rd July 2016 London**  
**Events:**

**2nd July 7-9pm**

**Lecture and Dialogue "Space Time and Consciousness"  
Dr Bernard Carr and Dr Alan Wallace**

**3rd July 11am - 4pm**

**Paths to Presence: An exploration of Sufi and Dzogchen  
With  
Omar and Suzanne Inayat Khan and Alan Wallace**

**For more details [CLICK HERE](#)**

**Spring 2016 8-Week Retreat**  
**"A Meditation Retreat on Shamatha, Vipashyana, Mahamudra,**  
**and Dzogchen"**

**Location: Lama Tzong Khapa Institute, Italy**

**March 29th- May 24th, 2016.**

Applications are now available for this retreat with B. Alan Wallace. This retreat is held at Lama Tzong Khapa Institute in **Pomaia (Pisa), Italy, from March 29th to May 24th, 2016.**

During this year's 8-week retreat Alan will grant the oral transmission and commentary to the teachings on the root text *The Highway of the Jinās: A Root Text on the Geluk-Kagyü Mahamudra Tradition* and its auto-commentary by Panchen Loz Gyaltzen, tutor to the Fifth Dalai Lama. In addition, Alan will grant the oral transmission and commentary to selected chapters from *Naked Awareness: Practical Teachings on the Union of Mahāmudrā and Dzogchen* by the great 17th-century master Karmapa. Participants in this retreat should have a sound understanding of the teachings of Mahayana Buddhism, and have experience in the practices of shamatha, vipashyana, and the four applications of mindfulness, and the four immeasurables.

**For full details and how to apply [Click Here](#)**

**Santa Barbara Institute**  
**Cultivating Emotional Balance Teacher Training**  
**Application Information**

The seventh Cultivating Emotional Balance Teacher Training (CEBTT) will be taking place this fall from October 17th – November, 20th, 2016, led by Dr. Alan Wallace and Eve Ekman Ph.D at Fundación Sakya in Pedrequer (Alicante), Spain. It will be led by Dr. Alan Wallace and Dr. Eve Ekman.

The teacher training focuses on learning the theories and practices of psychology regarding emotional balance, as taught by Eve Ekman and the relevant theories and practices of Buddhism, as taught by Dr. Alan Wallace, particularly focusing on the cultivation of attention, insight through the practice of mindfulness, and the qualities of loving-kindness, compassion, empathetic joy, and equanimity (the Four Immeasurables). The format will consist of a combination of lectures, meditation, and discussion.

Applications for CEBTT: There are few spaces available. To apply for the 5 week CEB Teacher Training, please request a detailed application by emailing [retreats@sbinstitute.com](mailto:retreats@sbinstitute.com) and mention CEBTT 2016 in the subject of the email. For more information please visit:

<http://www.cultivatingemotionalbalance.org/?q=cebtt>

The cost will be USD \$4500 for single room and \$3500 for double room. This price includes teachings, food, and lodging for 5 weeks, but not travel expenses.

For photographs of Retreat Center, go to:

<http://www.meditacionbudista.org/index.php/en/cideb/facilities>

Thank you,

Santa Barbara Institute for Consciousness Studies

[retreats@sb institute.com](mailto:retreats@sb institute.com)

Cultivating Emotional Balance

[www.sbinstitute.com](http://www.sbinstitute.com)

## **Other Events in Europe**

### **Mar 18 2016**

Keynote lecture on "Meditation and Shamatha in the Buddhist Teachings"

Contact: [nirakara@nirakara.org](mailto:nirakara@nirakara.org)

City: Madrid

Country: Spain

### **Mar 19 2016 - Mar 25 2016**

Meditation retreat on "The Way of Śamatha: Soothing the Body, Stilling the Mind, and Illuminating Awareness"

Contact: [nirakara@nirakara.org](mailto:nirakara@nirakara.org)

Sponsored by: Nirakara and the Fundación Sakya at the International Center for

Country: Spain

### **Jul 4 2016**

Public lecture "What Constitutes Compelling Evidence, and for Whom?"

Contact: [post@ktl.no](mailto:post@ktl.no)

Info: <http://www.ktl.no/dynamic/>

City: Oslo

Country: Norway

### **Jul 5 2016 - Jul 10 2016**

Meditation retreat on "The Seven-Point Mind-Training"

Contact: [post@ktl.no](mailto:post@ktl.no)

Info: <http://www.ktl.no/dynamic/>

City: Oslo

Country: Norway

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**UK Retreat with Alan Wallace now confirmed for 23<sup>rd</sup> – 30<sup>th</sup> June 2016**  
**'The Way of Shamatha: Soothing the Body, Settling the Mind and**  
**Illuminating Awareness'.  
the Samye Ling Tibetan Buddhist Centre in Scotland.**

This retreat is being co-sponsored by CCN, The Mindfulness Association and Kagyu Samye Ling. It will run from 7.00pm on 23<sup>rd</sup> June, following a soup supper at 6.00pm, until after lunch at 12.30pm on 30<sup>th</sup> June.

**For Full details of the retreat and how to book [Click here](#) for the link to Samye Ling website**

***The Guru-Disciple Relationship***  
by Alan Wallace - a new CCN publication

This book, prepared from Alan Wallace's teachings on the Guru Disciple relationship can be purchased online via the CCN website: [Click here](#)

We hope that this will be the first of many CCN publications. Proceeds from the sale of the book will support the Tuscany project.

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