



Tail of the Tiger



David I. Rome is a Senior Fellow at the Garrison Institute, a Hudson Valley research and retreat center that applies contemplative methods to solving social and environmental challenges. David formerly was a member of the executive team of the Greyston Foundation, the pioneering, Zen-inspired bakery and community development group, and formerly president of Schocken Books.

David began practicing Buddhism in 1971 and served for nine years as private secretary to the Tibetan teacher Chögyam Trungpa Rinpoche. He played a leadership role in the early development of Shambhala International and Naropa University and was one of the first teachers in the Shambhala Training program.

David has trained in the Focusing method with its founder Dr. Eugene Gendlin and has brought Focusing together with Buddhist mindfulness-awareness practices in a workshop called “Deep Listening”, which he has presented in numerous settings in the U.S., Canada, and Europe.

FOCUSING FOR MEDITATORS:

Accessing the Wisdom of the Felt Sense

With David Rome, October 1–3, 2010

This is a workshop for people looking to make a stronger connection between meditation and daily life. As meditators we invest a lot of time and effort in cultivating the mental skills of mindfulness

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and awareness. The practice of Focusing builds directly on mindfulness-awareness to develop action-oriented intuitive insights into the challenges we encounter “off the cushion.” Using contemplative methods from Western psychology and philosophy, Focusing puts us in touch with the subtle level of experience known as the felt sense, where the non-conceptual wisdom of the body can be unfolded. Focusing is a powerful means for working

with problems in personal relationships and work settings and gaining fresh understanding and energy with which to overcome blocks, make wiser decisions and feel more fully alive and authentic.

The workshop will teach the six steps of Focusing and will include guided contemplations, Focusing partnerships, meditation and discussion. Instruction in mindfulness practice will be available for beginners and anyone wishing to work on developing their meditation practice.

Program Fee: \$275 (includes meals from the Karmê Chöling kitchen)

Call Tail of the Tiger Programs, at Karmê Chöling 802 633-2384
or visit http://www.taillofthetiger.org/focusing_1010.php

For more information about Tail of the Tiger, visit: www.taillofthetiger.org

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