



The Cutting Edge, Innovative Workshops proudly presents:

Meditation, Therapy and Mindfulness:

engaging neuroplasticity
by direct experience

A Workshop by
Lama Mark Webber

Come and spend two days in contemplative practice, teachings, meditation and inquiry
with a well known and respected spiritual teacher!

Lama Mark Webber, M.A. (Lama K. Tenpa L. Yongdu) has been practicing, studying and teaching meditation for 35 years.

His teaching is classically founded, but well integrated with science, art and nature. His work with people demonstrates a profound commitment to freeing beings from innumerable suffering states, whether through meditation, study, art, travel or science. Lama Mark is fully committed to helping people become compassionate, lucid and psychologically well integrated human beings.

Besides an extensive training in meditation, Buddhist philosophy and other spiritual traditions, including considerable course work in psychoanalysis, Lama Mark is a practicing scientist. He has published articles on the science and anthropology of meditation, an effort to integrate traditional practices with neurophysiology. He was a cofounder of the Meditational Sciences Research Institute (Ottawa). In addition he is a principle contributor and developer of a taxonomic and image database of cell biology, marine and freshwater algae (<https://www.biomedica.cellbiology.ubc.ca/>) and he is conducting ecological research on a marine diatom.

He is the author of the books, *Why Meditate? A Heart Song of Vast Release* (2001) and *The Union of Loving-kindness and Emptiness* (2007), both on meditation, the spiritual path and liberation. His principle teacher was the late Venerable T.D. Namgyal Rimpoche a Canadian meditation master. Lama Mark's style of teaching is non-sectarian and universal in nature, displaying for human beings the wondrous unity, uniqueness and intrinsic freedom of all life. He is the Resident Teacher for The Queenstown Dharma House in New Zealand and the Crystal Mountain Society of Eastern and Western Studies, British Columbia, Canada. Each year he travels to many countries, retreat and Dharma Centres. Often for many months per year, Lama Mark guides people through the craft of deep silent meditation retreats, showing how the mind is explored and naturally freed of barriers to lucidity and compassion.

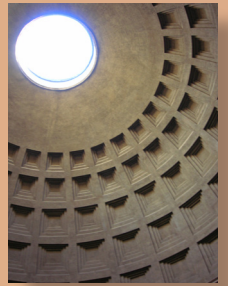
His website is <http://www.markwebber.org/>

At UBC–Vancouver School of Theology, June 27 & 28, 2009

(Saturday and Sunday 9am to 5pm) \$325 Workshop rate (earlybird special is \$295)

Contact: Saskia Soeterik, 604 926 7398, Saskias@telus.net, Debi Hartwell, 604 529 1877, debihartwell@shaw.ca

The Workshop will cover these topics and more



- Defining the terms: meditation; mindfulness; awareness and Insight (Vipassana).
- Exploring the importance of fostering openness in the sensory motor system—especially the eyes, mouth and hands.
- What needs to be in place before meditation and mindfulness are effective—why we need to keep on learning kindness for ourselves and others.
- How deep calm and tranquility arises, signs and side tracks.
- Why breath, contact and sensation is the royal road to mindfulness and tranquility. What blocks mindfulness and tranquility?
- How the nervous system can be re-organized—examples and experiments.
- What mental factors and attitudes must be present and the investigations leading to Insight (Vipassana) and thus real liberation.
- Illuminating the differences between the modes of: technique and contemplative awareness.
- How compassion emerges and why it is important to make it central to any spiritual or liberative growth.

The human nervous system is capable of an enormous range of plasticity. In this second workshop, Lama Mark Webber will further explore the interconnections between meditation, mindfulness and therapy: the emphasis will be on meditative experiments and theory showing the importance of allowing openness in the sensory motor system—especially the eyes, mouth and hands.

Additionally, Lama Mark will point out how tranquility, kindness and deep calm arise, by workshop participants experiencing the link between mindfulness, breath and the natural plasticity of the nervous system.

Lama Mark will discuss and give meditations connected to early developmental learning, and show that bare attention to sensory and mental phenomena is foundational, yet rarely sufficient to unfurl the essential human qualities of transcendence and the qualities many therapists are striving for—a continuum of open, insightful, uncontrived and compassionate mind.

This is a wonderful opportunity for professional therapists to explore deeply, take care of their beings and thereby further enrich the lives of their clients.

Each day will be composed of two or three talks with opportunities for questions and answers, mixed with short guided meditations. In addition, there will be one longer session of guided awareness and movement and between sessions, meditative and contemplative exercises to try out individually. There will be some opportunities to personally talk with Lama Mark.

Registration - please print clearly

Name _____

Address _____

City _____ Province _____ Postal Code _____

Phone _____

Email _____

When your registration is received an email confirmation will be sent to you.

WHERE: Vancouver School of Theology at the University of British Columbia
6000 Iona Drive Vancouver, BC V6T 1L4
Student accommodation is available. Phone: 1 866 822 9031

WHEN: Saturday and Sunday, June 27 & 28, 2009
9:00-5 PM
Beverages and light snacks will be provided.

REGISTER: Workshop Fee is \$325 CND If registered by May 27, the fee is \$295
Please ask about the student and senior rate.

We regret that we do not accept credit cards. Refunds available if notification is received within 10 days in advance of June 28, 09, minus a \$50 administrative fee.

Cancellations; If you are not able to attend you may send another person in your place at no extra cost. Refunds are available, minus a \$50 administration fee, 14 days before the workshop. We reserve the right to cancel the workshop with a full refund, so please make travel arrangements with this in mind.

Parking: Is in the North Parkade or the Rose Parkade. Please come early and join us for a beverage before the workshop.

Please complete and mail check payable to;
Debi Hartwell 406 - 3 Renaissance Square, New Westminster, B.C. V3M 6K4

For more information please contact:
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