

Starting in September, Two New Dedicated Groups

A dedicated group can change your life. Below is complete information on the two new groups starting in the fall, personal stories from recent participants, and an application form. Please consider if one of these groups would be beneficial to you. I hope to see you in September.

"It has been incredibly helpful to be part of a consistent Sangha every week, as a support for regular practice. Johann is just a fantastic teacher. His sense of humor, his ability to be present and relate, his unpretentious and non-sectarian approach to Dharma are very refreshing, and yet strongly rooted in real wisdom that is palpable. I'd highly recommend his groups for anyone looking to see a significant impact on themselves and their world through their meditation practice."

Anton Ushakov

Healing, Happiness, and Insight 3 Month Dedicated Meditation Group

Wednesdays 7-9PM, September 27 to December 13, 2017

For Beginners and Experienced Meditators

This group will strengthen and deepen your practice, and your experience of life, as you journey further into yourself and the Dharma.

Being part of an interactive, supportive, close-knit group; learning and practicing together, are powerfully positive forces for increasing happiness, satisfaction and wellbeing.

Effective practice matters. You will learn different, powerful Mindfulness (Insight) meditation techniques to skillfully and effectively work with what is happening in your life; including stress, pain, pleasure, injury, illness, loss, difficult and strong emotions, relationships, joy, attachment, etc. As stress melts into equanimity, happiness blossoms.

Specific areas of emphasis include listening and communication, opening to love, rest and relaxation, and working with physical and emotional difficulty. We will also explore the nature of insight into not self, and how practice leads us into the spiritual.

The power of practice and healing will be enhanced through self-exploration, self-disclosure, deep listening, sharing circles, and inquiry.

Meetings are informal, dynamic and participatory, and include instruction, sitting meditation, talks, discussions, sharing, and exercises.

Experience: The only prerequisite is sincerity: though some participants may have a fair amount of practice experience, we will start with the basics, and beginners are welcome. Daily practice is important, and support and encouragement will be offered to those that find it difficult to maintain. If you are not sure if you are ready for the group, fill out an application and we can discuss it.

The group meets weekly on Wednesdays from September 27 through December 13, in east Boulder, from 7-9PM. There will be a daylong in October, and a private meeting with Johann is also included.

Structured Donation/Dana: This group is offered on a donation or Dana (generosity) basis. This is so anyone can attend regardless of financial means, and everyone is totally welcome regardless of Dana amount. I am grateful for and rely on your generosity and support. If you would like a guideline, a suggested amount is \$325 for the weekly meetings, the daylong, and one-on-one meetings, but that is not a requirement or a limit, and whatever you choose to give is received with gratitude.

Unless arranged otherwise, \$100 is due with your application as a non-refundable deposit, and the remainder is due at the first meeting.

Next Steps: If you are interested an application is at the end. Please contact me if you would like to learn more, or if you have any questions about your participation. An intuition of readiness or a sense of calling is far more important than any feelings of fear or inadequacy you may have. If we have never met and you want to meet before making a decision, I am happy to talk with you by phone or in person; just let me know.

One More Thing: If you feel drawn to this, feel excitement or wanting, but there is also fear, lack of confidence, thoughts of "I am not able, not worthy", my suggestion is to follow your wish to wake up. We will work on the obstacles in group; everyone has them, and they soften with practice.

Awakening Love & Wisdom 6 Month Dedicated Meditation Group

Mondays 7-9PM, September 25, 2017 through March 12, 2018

Awakening Love and Wisdom is for anyone who yearns for deeper practice and is open to an approach that begins with Insight (Mindfulness, Vipassana) and goes into the non-dual. We will explore and practice spiritual, non-dual, direct-path approaches, as well as some crossovers from Insight, that can lead to the bottom dropping out (in a good way). This will be a practical exploration of non-duality and spiritual transcendence of the limited self, building on whatever practice you have already done.

Format: The group includes weekly meetings, regular teacher one-on-ones, a weekend retreat, and three daylongs. Meetings will include meditation and instruction, exploratory exercises, personal sharing, talks and discussion.

Content: While the group will be more focused on spiritual growth and touching our true nature than on emotional/psychological healing, we will avoid “spiritually bypassing” by acknowledging, accepting and learning from everything that arises. Practice is not about trying to attain something, but letting-go into ever-deepening realization of our authentic true nature, which depends more on intention and sincerity than effort or skill.

Schedule: The group will meet on Monday evenings 7-9PM, regularly from September 25 through March 14, with a holiday break. The weekend retreat will be November 11-12, just outside Boulder. The daylongs will be in October, January and March. The group meets at my meditation studio in east Boulder, off Arapahoe and Westview.

Structured Donation/Dana: This group is offered on a donation or Dana (generosity) basis. This is so anyone can attend regardless of financial means, and everyone is totally welcome regardless of Dana amount. I am grateful for and rely on your generosity and support. If you would like a guideline, a suggested amount is \$750 for the group, including weekly meetings, retreat, daylongs, and one-on-ones; but that is not a requirement or a limit, and whatever you choose to give is received with gratitude.

Unless arranged otherwise, \$100 is due with your application as a non-refundable deposit, half your commitment (less deposit) is due before August 20, and the rest is due by November 6. Room and board for the retreat (about \$125) is separate. If retreat cost is an obstacle, scholarships are available.

Next Steps: If you are interested an application is below Please contact me if you would like to learn more, or if you have any questions about your participation. An intuition of readiness or a sense of calling is far more important than any feelings of fear or inadequacy you may have. If we have

never met and you want to meet before making a decision, I am happy to talk with you by phone or in person; just let me know.

A look at how recent participants have benefited, and what the groups are like:

"Johann's Awakening Love & Wisdom Group was so valuable. The length allowed for deepening my personal practice while also getting the benefit of a sangha that met weekly to explore dharma and share our personal practices. It was gratifying to feel and watch people grow in closeness and strength, and to watch each member open up to themselves and each other. For me, in particular, the introduction to non-dual meditation has been a major step in my spiritual path. I was especially touched by the power of listening practiced in the group: Johann's deep listening and perceptive responses; my learning to listen with the heart while others spoke; and feeling the healing love from sangha members when I would speak. This was an invaluable gift."

Beth

"I felt power in my practice being part of a dedicated group. We studied and practiced the Dharma deeply together. I found myself using it to help in challenging situations and trusting my practice more than I ever have. The benefits of this group were many--I hope to share the fruits of this love, awakening and wisdom. Many thanks Johann for leading and guiding this group; I so appreciate your wisdom & guidance. With Metta."

Maggie

"Johann taught a variety of ways to practice, with ample opportunities for questions. I felt supported and emotionally held by the group and him. The group was a wonderful way to build meditation into my life, to stay connected to a community, and to grow spiritually and interpersonally. Johann is a gentle, connected and warm person who has a gift at teaching. He easily created space for people to share openly about their experiences, without judgment."

Jennifer

"I can't imagine a more supportive context for my practice. We learned so much: the DPG was pragmatic and mind-blowing--often at the same time. Our group felt both welcoming and safely bounded. Johann honored each of our idiosyncratic paths and respected my skepticism and questions. I feel enriched, inspired, and in possession of resources to make progress on my own."

Cait

"Johann is the real deal. He is deeply committed to the dharma, and wants to share all he has learned in years of dedicated study and practice. Just as importantly, he always takes an open approach. We are not being asked to imitate but rather to explore and discover our own paths at our own pace. It is a wonderful experience to witness the growth that happens in you and your fellow practitioners. Highly, highly recommended."

Willem

"Johann's group was one of the best experiences I have ever had. He is a skilled and caring teacher, and creates a wonderful community for learning meditation and dharma from the inside out. The group also provides a supportive and intimate community of practitioners to grow with. I cannot recommend the group highly enough!"

Josh

"I have been interested in Buddhism since 1984 and have been in a number of Buddhist groups, but it is only in Johann's dedicated group that I learned how to meditate. This group opened up a whole world of meditation that I wasn't aware of and I am very excited about continued learning in this supportive environment. I feel very fortunate to have discovered this Sangha and teacher."

Amy

"It has been incredibly helpful to be part of a consistent Sangha every week, as a support for regular practice. Johann is just a fantastic teacher. His sense of humor, his ability to be present and relate, his unpretentious and non-sectarian approach to Dharma are very refreshing, and yet strongly rooted in real wisdom that is palpable. I'd highly recommend his groups for anyone looking to see a significant impact on themselves and their world through their meditation practice."

Anton Ushakov

"I especially liked the group/Sangha dynamic. This was my first dedicated practice group. I feel like the learning curve is greatly accelerated in this environment. I can learn from the experience of others. It's awesome to think that of all the things and places we could have been, we chose to be together these nights. That alone interconnected us."

J.R.

"What I got most is a sense of community, deep enjoyment from connecting with others about the Dharma, and support for my practice. The group was a highlight of my week."

Danielle

"I appear to be much kinder to the parts of myself that I previously ignored or avoided. There's acceptance and a greater willingness to embrace those tendencies as part of who I am. I've been better able to accept whatever circumstances life presents and to see them as an opportunity to deepen my practice whether I like them or not. I also very much appreciated the talks and instruction Johann provided as well as the support of the group during the last 9 months."

James

"This group has been a very strong support for my ongoing practice and inquiry. Over the period of the group I have experienced several breakthroughs related to meditation practice, spiritual seeking and what really matters when it comes to "awakening" and every day life. I have appreciated having a forum where honest, direct, clear discussion and exploration can occur with like-minded people."

Brett

"I am so grateful for this meditation group taught by Johann. The guidance, practice, conversations and support have allowed me to gain a clearer understanding of myself and who I am in relationship to life and my spiritual practice. It has also given me an opportunity to access a deeper, more immediate and open reality within my meditation practice. The practices Johann taught gave me the ability to see and know all of life experiences, the pleasant ones as well as the difficult ones, as bubbles in the river of life, allowing me to stay fully engaged, awake and open to all of it. What a gift! Thank you!"
Ilsa

"The "Self/No Self" group provided me the support of a caring Sangha and a deepening of my practice. The collective wisdom of the group resulted in thought-provoking discussions and greater personal insight. Johann adeptly facilitated the group, bringing his invaluable experience and knowledge, while balancing the discussions with humor. I highly recommend his groups."
Dahlia

"I started an amazing meditation journey 1.5 years ago. At the beginning, I wrote a list of expected meditation outcomes. It included "be happy", "find the Goal", and "value each moment of your life". I covered every single item and much more than that! I have a new set of values and am much happier, more open, and compassionate to myself and people around. I thank Johann for his wise guidance and amazing group experiences that make my journey more structured, focused, and successful."
Maria

"These classes helped me make meditation part of my daily routine, and increased my awareness and understanding of it as a valuable practice. Working with the group offered so many perspectives that helped me deepen my understanding. Thanks again."
Mary

Application Follows

Dedicated Group Application

Check One: Monday Awakening Group _____ Wednesday Insight Group _____

Name: _____ Phone: _____

I currently sit an average of about _____ times per week for about _____ minutes each time.

I have done about _____ days of silent meditation retreats (if a lot, just guess).

How important would you say meditation practice is in your life?

I want to join this group because:

My hesitation or fear in joining is:

I am willing to commit to regular daily practice (any length of time) and making participation in this group a priority in my life:

The greatest source of difficulty in my life is:

The greatest source of joy in my life is:

Anything else you want to say?

My Dana pledge for the group is \$_____. \$100 of that is enclosed to confirm my registration. Half of the Monday Group pledge (less deposit) is due August 20. The rest of the Wednesday Group pledge is due at the first group. Please mail this form and your deposit payable to Johann Robbins to 1466 Meadow Lark Dr, Boulder, CO 80303.

You can also email the completed form to johannrobbins@comcast.net. Participation is at the discretion of the teacher. The deposit is nonrefundable once you are accepted, and will be refunded if not.

Signature: _____ Date: _____