

Melbourne Eco Dharma presents

# INTER~BEING

A day of eco-contemplation and reconnection with Mother Earth

**9:00am – 3:30pm, Sunday 29 October.**

**Work Room 2, Siteworks, 33 Saxon St, Brunswick.**

**Tickets: \$50 (\$40 conc.) at [www.trybooking.com/SCIH](http://www.trybooking.com/SCIH)**

Interbeing is a term coined by Vietnamese Zen master, author, poet and peace activist, Thich Nhat Hanh. It comes from a combination of two Vietnamese words Tiep Hien. Tiep means 'being in touch with' and 'continuing'. Hien means 'realising' and 'making it here and now'. Thich Nhat Hanh uses Interbeing to explain that we do not exist separately from everything else. We inter-are.

This unique workshop will feature meditations on earth elements, caring for and connecting to all beings, zen koans for eco dharma practice and deep ecology processes for interdependent action. It is suitable for beginner and experienced meditators wishing to explore their interconnectedness with all things.

**Facilitators:**

Katrina Shields sustainability educator and author;  
Suzie Brown Melbourne Insight Meditation;  
Kirk Fisher Melbourne Zen Group;  
Tara Frances Blue Mountains Insight Meditation.

**Hosted by:**

Jeremy Gay climate change activist and Climates convener.

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## **Katrina Shields**

Katrina Shields is an engaged eco dharma practitioner and insight meditator, sustainability educator and author who has worked with Joanna Macy and others in supporting activists and social movements.

Katrina will direct participatory processes with paired open questions on our inner and outer responses to concerns for the world, building support networks and integrating dharma practice.



## **Suzie Brown**

Suzie Brown is trained in Mindfulness Based Stress Reduction (MBSR) and is a meditation teacher in the Insight tradition. She has worked as an environmental campaigner and consultant, and now runs a local 100% renewable energy group, ReEnergise Geelong.

Suzie will guide an Interbeing focused meditation on our bodily sensing of the elements of earth, water, wind and fire to experience our inseparability with the earth that sustains us.



## **Kirk Fisher**

Kirk Fisher is an apprentice teacher in the Diamond Sangha lineage of Zen, and he sees students at the Melbourne Zen Group. He is an independent facilitator and executive coach, and helps organisations develop mindful and engaged cultures.

Kirk will introduce the use of Zen Koans for eco dharma practice. Koans are an ancient tool that help break through to a more flexible mind, capable of responding from not-knowing and being willing to meet difficulty with tears, laughter and helping hands.



## **Tara Frances**

Tara Frances is an experienced Vipassanā and Tibetan Buddhist practitioner who teaches at Blue Mountains Insight Meditation Centre in NSW and has worked as a community and social worker with Australian Indigenous communities.

Tara will lead a Metta (unconditional friendship or loving kindness) meditation on caring for and connecting to ourselves and all beings in these times of ecological crisis.



## **Hosted by Jeremy Gay**

Jeremy Gay has trained in Recollective Awareness meditation and convenes dialogues on the impacts of, and solutions to, climate change