

DEEPENING TANTRIC PRACTICE

Exploring the Healing and Transformative Nature of the Tibetan Buddhist Tantric Path



Module 2 - Compassionate Presence

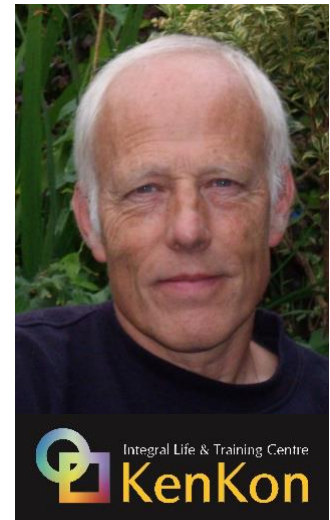
Possibly the most powerful way we can help another in times of pain and suffering is to be truly present with a quality of compassion that allows the other to be as they are free of judgement and free of our need to make it all right. This is not an easy quality to cultivate. It requires that we are able to be with our own pain in a way that also accepts it as it is rather than fighting it. The courage of compassionate presence is a quality of the heart that enables us to be with suffering and not be overwhelmed by it or to run away from it. In this retreat we will deepen the capacity to heal our own emotional wounding as well as open to others. We will explore many ways of working with the *Chenrezig* practice including *Tong Len*, heart energy healing, and a practice known as *Samadhi* after sound. We will also begin to look at the Refuge/*Bodhichitta Ngöndro*.

For whom

This second module is open for people who have at least one year experience with meditation, basic knowledge of the foundations of Buddhism and a clear wish to explore and engage in the practice of *tantric* meditation. People with less experience may be asked to do some preparatory work before attending and can contact us to see how we can support them to make it possible. Timely subscription is therefore necessary.

Rob Preece

Rob Preece has studied Tibetan Buddhism for many decades under the guidance of great teachers and holds a degree in psychology. During this time he has written four ground-breaking books on the meaningful chemistry between psychology and Tibetan (tantric) Buddhism: *The Psychology of Buddhist Tantra*, *The Courage to Feel*, *The Wisdom of Imperfection*, *Preparing for Tantra* and *Feeling Wisdom*.



Rob's style of teaching is oriented towards opening a dialogue around the material that is being explored. This is to maintain a spirit of exploration and creativity in the way *tantra* is integrated into Western experience, rather than holding to rigid prescriptions of practice.

Dates: Friday April 5 – Sunday, April 7, 2019

Schedule: Friday: 2 – 5 pm, Saturday: 10 am – 5.30 pm, Sunday: 10 am – 4 pm.

Location: KenKon, Nieuwe Kanaal 11, 6709 PA Wageningen, Netherlands

Registration & Info: info@kenkon.org / www.kenkon.org

Language spoken: English

Fees (includes 2 lunches & support material): General fee: € 255 (€ 220 if paid before 1 March 2019); Fee for KenKon members, students and those with minimal income: € 205,- (€ 180,- if paid before 1 March 2019). Please subscribe first. Payment after having received the invoice.

CANCELLATION POLICY: More than 3 weeks before course: full refund; more than 2 weeks before: 60% refund; more than 1 week before: 20% refund; less than one week before: no refund. No refunds afterwards.