



Equanimity: Finding (Moments of) Ease in the Midst of it All

A One-Day Online Meditation workshop (At Home) with Dharma teacher Jill Shepherd

October 12, 2024 - Saturday 9:30am to 4:30pm (eastern time zone)

Equanimity is a quality that is highly valued in Buddhist teachings, as one of the four divine abodes (along with kindness, compassion and joy), and as one of the precursors to transformative insight, it's also one of the seven factors of awakening. For many of us though, equanimity can feel elusive in the midst of the personal, societal and even existential difficulties that we're facing in these challenging times.

Fortunately, equanimity is a powerful inner resource that can be actively cultivated, both in formal meditation practice and in our daily life. With practice, it becomes more accessible, and this workshop will support us to gradually quieten our hearts and minds, so that we can turn towards our challenges with care, kindness, courage and wisdom.

Over the course of the day, Jill will offer a mix of guided and silent meditation, short dharma talks and small group discussion, with regular time away from the screen for walking or movement practice.

Jill Shepherd

Jill began practicing insight meditation in Thailand in 1999, and since that time has lived and worked at several meditation centers and monasteries in the US, Australia, England, and Thailand.

She spent seven years on staff at the Insight Meditation Society (IMS) in Barre, Massachusetts, where she participated in several long retreats and Buddhist study programmes, as well as offering weekly meditation classes at a nearby prison.



She is a graduate of the IMS / Spirit Rock teacher training program in the US, under the guidance of Joseph Goldstein and Gil Fronsdal.

She lives in Aotearoa / New Zealand and is the founding and guiding teacher of Auckland Insight. She teaches internationally, offering insight / vipassanā and brahmavihāra retreats and ongoing study and practice groups focused on bringing the dharma into daily life. She also leads courses and non-residential workshops exploring the relational practice of Insight Dialogue, as developed by Gregory Kramer and colleagues. For more information about Jill's work, please see her website: <https://jill0shepherd-insightmeditation.com>.

There is no fee for this retreat. Dana may be offered directly to Jill Shepherd at the website below:

<https://donorbox.org/jill0shepherd-insightmeditation>

Registration: Visit <https://forms.gle/bso4wQoch3VnLGw79> to register. Zoom link will be sent Friday October 11.