

New Zealand Oneness Retreat

"In a state of Oneness, the Witness itself disappears into everything that is witnessed, subject and object become One....There is no time in this domain, though time passes through it. Clouds float by in the sky, thoughts float by in the mind, waves float by in the ocean, and I am all of that.... I do not see the sky, I am the sky, which sees itself. I do not feel the ocean, I am the ocean, which feels itself. I do not hear the birds, I am the birds, which hear themselves. There is nothing outside of me, there is nothing inside of me, because there is no me--there is simply all of this, and it has always been so."

--Ken Wilbur

Do everything with a mind that lets go. If you let go a little, you will have a little peace. If you let go a lot, you will have a lot of peace. If you let go completely, you will know complete peace and freedom. Your struggles with the world will have come to an end.

--Achaan Chah

"A human being is part of the whole called by us the Universe. We experience ourselves, our thoughts and feelings as something separated from the rest --a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures, and the whole of nature in its beauty."

-- Albert Einstein

Oneness

Purposes

- Oneness has two main purposes. The first is to provide you with a profound and unforgettable experience of wholeness and completeness within yourself, as well as a deep connectedness and unity with the natural world around you. As you experience oneness within and without, you may experience true inner peace—the peace that passes all understanding.
- The second purpose of the retreat is to provide you with in-depth training and practice in the art of meditation. Whether you're a beginner—or a veteran of many years of meditating—you'll receive the personal attention and guidance you need to move forward on the path towards mastery. With Joel and Michelle Levey, you'll learn physical postures, breathing techniques, and methods for focusing, disciplining, and exploring your mind that have been handed down for centuries from one meditation master to another. By the end of the retreat, you'll have the awareness and the practices you need to continue on your own journey towards a deeper and deeper state of consciousness and wholeness.





KIA ORA ~Welcome to New Zealand~









Wangapeka Study & Retreat Centre

Located in the foothills of the Southern Alps overlooking the Wangapeka River, about an hour and a half drive SW of Nelson, in the South Island of New Zealand. The Wangapeka is a place to study and deepen the process of Buddhadharma, the teaching of Wisdom, Compassion and Non-clinging Awareness.

Many visitors to Wangapeka comment on the peaceful and healing atmosphere at the Centre. This is undoubtedly due to the natural beauty of the place and the great amount of meditation that has been done over the decades. Possibly even more









Fox Glacier

It seems improbable that you could find a glacier on a South Pacific island and ice in a temperate rainforest, but that's New Zealand for you - full of surprises.

Nowhere else in the world outside arctic regions will you find glaciers just 300m (1,000 ft.) above sea level and just 12km (7 1/2 miles) from the sea.









Queenstown

Queenstown's stunning scenery, huge range of activities and renowned warm welcome cement its reputation as New Zealand's favourite visitor destination.

Surrounded by majestic mountains and set on the shores of crystal clear Lake Wakatipu, the natural beauty and the unique energy of the region create the

perfect backdrop for a holiday full of adventure, exploration or relaxation.









Lake Tekapo

Picturesque by day and dazzling by night, Lake Tekapo is part of a UNESCO Dark Sky Reserve, making it the perfect spot for stargazing.

Lake Tekapo township faces north across the remarkable turquoise coloured lake to the mountainous drama of the Southern Alps.

Lake Tekapo gets its intense milky-turquoise colour from the fine rock-flour (ground by glaciers) which is suspended in the water.

On the shores on the lake you'll see the beautiful Church of the Good Shepherd, where the altar window frames a perfect view of

the Southern Alos beyond the lake. The church was built in 1935 for the pioneer families of the Mackenzie district, and it's a











Christchurch

Christchurch's unique location at the confluence of the rivers Stour and Avon and on the shores of its own spectacular natural harbour makes it the perfect

destination to relax and unwind.

The diverse mix of fascinating <u>heritage</u>, beautiful <u>coastline</u> and <u>countryside</u> and wide variety of <u>attractions</u> provides all the ingredients to make your holiday, <u>short break</u> or <u>business trip</u> extra special.









Joel & Michelle Levey

- Joel & Michelle are internationally known authors and teachers of both ancient and modern techniques for achieving inner peace and living a balanced and harmonious life. They have devoted their lives to the study, practice, and teaching of the world's great wisdom traditions, and are well versed in the Eastern traditions of Buddhism and Hinduism, as well as the Western traditions of Sufism and Jewish mysticism. They are also experts in the modern scientific techniques for exploring the potential of the human mind, including neurofeedback, clinical biofeedback, cyberphysiology, and mindbody medicine.
- On their own journey of awakening Michelle & Joel have studied intensively with many of the most revered spiritual masters of our times. Their teachers include His Holiness the Dalai Lama, Krishnamurti, Thich Nhat Hahn, Ram Dass, Kalu Rinpoche, Karmapa, S.N. Goenka, Jack Kornfield, Dan Goleman, Larry Dossey, Jean Houston, and others. Joel and Michelle have also devoted a number of years of their lives to intensive silent contemplation, including a year-long silent meditation retreat in the Tibetan Buddhist tradition.









- Joel and Michelle have published 6 books on meditation, higher spirituality, and living a balanced life. Their works include Simple Meditation & Relaxation; The Fine Arts of Relaxation, Concentration, and Meditation; Living in Balance: A Dynamic Approach for Creating Harmony & Wholeness in a Chaotic World (forward by The Dalai Lama); Wisdom at Work;; and Corporate Culture & Organizational Health. They have also published a number of audio programs, including Nightingale Conant's The Focused Mindstate, Self-Guided Relaxation, and A Moment to Relax.
- In addition, the Leveys have applied their knowledge of how the mind works to the world of business in the areas of peak performance training and leadership development. They have worked with leaders and teams in over 200 leading organizations around the globe, including NASA, Intel, Hewlett Packard, Stanford Research Institute, Boeing, and MIT. (For details visit: http://wisomAtWork.com.) They have also taught at India's most revered business school, the Indian Institute of Management(IIM-Ahmedabad).

11/28	Arrive	Christ	Town

11/29~12/04 Wangapeka Retreat Centre

12/05~12/06 Wangapeka —Fox Glacier

12/07 Fox Glacier-Queenstown

12/08 Queens Town-Lake Tekapo

12/09 Lake Tekapo-Christ Town

12/10 Christ Town

12/11 Depart from Christ Town

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Retreat Dates: 2015/11/28-12/12

Cost: USD\$4,500/person. Airfare not included.

Special price for 2: USD\$4,300/person