



**Hosted by the
Waterloo Riverview
Dharma Centre**

RELATIONSHIP AND CONFLICT

**A WEEKEND WORKSHOP
WITH KEN MCLEOD**

June 18-20, 2010

at St. Jerome's University, Waterloo, Ontario

Friday: 7-9 p.m. (registration at 6:30 p.m.);

Saturday: 8:30 a.m.-4:30p.m.; Sunday: 8:30 a.m. 12:30 p.m.

Ken McLeod began his studies in 1970 with the Tibetan meditation master, the Ven. Kalu Rinpoche. After receiving training in the Kagyu, Shangpa, and Nyingma traditions of Buddhism in Tibet, he was authorized by Kalu Rinpoche to teach and guide others in their practice. A translator and author, Ken established Unfettered Mind in 1990 and is the executive director of Unfettered Mind.

We begin with the basic question, "What is a relationship?" What insights does Buddhism offer about the nature of relationship, about the different kinds and about the role of compassion and wisdom in building strong, stable, and joyful relationships?

We then ask another question, "What is conflict?" We will explore why, from a Buddhist perspective, there is no enemy and see how people who are conflict averse are actually relationship averse. We will draw on vajrayana principles to explore how to approach conflict constructively using the four stages of conflict.

We then consider the role of the four immeasurables (loving kindness, compassion, joy and equanimity) in relationship, their shadows aspects and how to avoid being consumed by the shadow.

Finally, we give special attention to two important kinds of relationships, the relationship with our spouse or partner and the relationship with a mentor or spiritual teacher.



Registration fee is **\$100** (to cover administration costs and meals only). Dana donations will be greatly appreciated.

All dana offered will support Unfettered Mind and the Waterloo Riverview Dharma Centre.

Accommodations are available:

\$45 per person, per night, single occupancy.

For further information or to obtain a registration form,

email info@wrddharma.com,

visit www.wrddharma.com or call 519-880-1299.