



A four-month meditation practice
and mentoring course
with Jess Huon

19 July - 10 November, 2024

We appreciate your interest in The Collective Well 2024 program. We are so pleased to offer this next four month practice container held between **Fri 19 July - Sun 10 November**, to support you to take the next steps of your unique practice journey. We're keen to offer you the opportunity to land the Buddha Dharma's rich inheritance within your daily life, wherever you happen to be - *without having to pack up your bags and head off elsewhere*. All sessions will be online, with the option to attend three longer sessions in-person, in Melbourne.

*Pitch yourself close to these **wells of open practice and enquiry** - whilst being engaged in the grit and particulars of our everyday lives.*

Whilst we'll be turning up the volume of practice - *gathering your energy, harnessing innate power and heart for what matters* - the course itself will be offered at an easy pace and format. This program is not intended to be another thing to do or tick off the list in your life, but rather support for your practice to deepen within the rhythms (and demands) of your relational and every-day life.

This program supports the **deepening of practice and settling**, as well as expansion, expression and empowerment.

In this round of The Collective Well 2024 multiple anchors into practice depth will be offered to support you to harness a sense of capacity to meet your inner life and these times we are living through.

*Practising within a committed community can work like a **gravitational force, drawing us down to firmer ground**. The safety and support of a container, and practising alongside others, can allow for deeper receptivity, inspiration, renewal and a sense of play to arise. This in turn can propel us forward in our lives.*

Together, in consistent fortnightly sessions we'll dive into this process. Momentum and energy is fostered through dedicated practice, drawing up a quality of aliveness;

***Living springs of practice**, animating and supporting us to find fresh ways to respond to what's presenting in our lives.*

We're looking forward to accommodating all of you in Melbourne and those interstate.

As we resource ourselves, we become a resource for others.

"A precious opportunity to be held in a space of supportive teachings to take a deep dive into mediation practice. This was powerful for me in many ways. . .too many to name. . . being okay with myself, with what is, and how to find my inner resources to meet this time, and to allow the deep joys of life to flow through me."

- 2023 TCW participant



Together we will

Gather in community for continuous fortnightly practice sessions to tap into the potentiality of our heart/minds, (*again and again*).

We will deepen our understanding of Buddhist maps/teachings that support our **clear seeing and aliveness**, and engage in tailored embodied practices to land this wisdom and warmth in our bodies.

Foundational Buddhist practices such as *calm abiding*, *loving kindness* and *insight practice* will form the ground of our explorations. Gaining firmer footing and a **clear view** within these give us the safety, protection and insight to take the necessary risks to enliven and extend our practice/lives. Working with foundations is like fostering a primary relationship - a nourishment principle, akin to connection to the ground below us. *We come back to these foundations again and again, wherever we are on the path.*

Springing from Foundations. We will also delve into ‘tantric’ teachings, and explore what it means to activate ‘expressive energies’ with the backing of these foundations. Guided by a map of wholeness, sanity and aliveness, depicting diverse elemental qualities in our human experience, we will engage in guided practices to embrace these different energies. These distinct qualities are almost like superpowers, leading to what’s classically termed *awakened action*.

These particular frameworks bridge the gap between sitting on the cushion and ways of creating, working and relating in every-day life.

Within the frameworks offered there will be space to share common concerns and explore adjustments in practice or shifts in orientation to support your unique situation/practice needs/stage of practice.

Whilst there are set themes for this practice container, it will have an emergent component tailored to this particular group of people. Themes might shift and change, depending on who’s present, and arising in the wings of the zeitgeist evident in this particular group.

Foundations

Anchor us in our own bodies, and offer skillful ways to work with our immediate experience. As we befriend ourselves and our experience, and allow for space, there is room to play, to stop second guessing - to trust ourselves and enter our lives more fully.



We will explore -

- curiosity, play and less-predictable ways to meet practice/experience
- a felt sense of rest, protection, and belonging/inter-connection
- loving kindness practice (again and again) vs judgement/lock down - nourishing intimate contact with life
- opening to sensations of pleasure without gripping
- gaining deeper ground/riding waves of emotions and other sensations without being tossed around
- discernment - see what's not serving you and make space for and cultivate what does
- reliable anchors to bring you back to centre
- wisely meeting your inner life and growing resource/capacity to meet broader collective concerns - *to handle the heat*
- trusting what emerges distinctly for you.

Springing from Foundations

The tantric map we will be exploring is presented through a wheel of five colours:

RED - **fire**. Sanskrit word: Padma - lotus - *inquisitiveness, passion, interest, not holding back*.

WHITE - **space**. Sanskrit word: Buddha - *spaciousness, allowance, expansiveness, capacity to accommodate experience*.

BLUE - **water**. Sanskrit word: Vajra - thunderbolt or diamond - *clear unbiased sharp seeing*.

YELLOW - **earth**. Sanskrit word: Padma- *abundance, generosity, fullness*.

GREEN - **wind**, Sanskrit word: Karma, *being on to it, productive, attention to details, action*.

Here, we explore integrating the depth gleaned from the foundations into enhancing other aspects of our embodied lives. This mandala (**Sanskrit word: circle**) of **the five buddha families**, is a unified vision of primary energies (archetypal wisdom expressions) functioning in unhindered, full and healthy ways. We each usually have a home base where we function very well, and are not so familiar with other modes of being. The task, in time, is to be able to move fluidly between them all. These aspects or powers can also be blocked and hold a 'deluded' aspect - potentially harmful when used solely to 'prop up' egoic leveraging without a sense of collective care.



Through guided practices and inquiry supported by this framework, we will explore

- honouring and amplifying your areas of strength, and nurturing other aspects that don't come so easily
- practising in a way where you're not cutting off or dampening down, but embracing life-force energies
- discerning where you may slip into the shadow, or neurotic side of these qualities and why
- playing with embodying and unlocking these aspects, and bringing these aspects of yourself into spaces without holding back
- emerging into fresh action in your lives, sharing more of yourself, and bringing forward particular gifts.

“Jess seemed to get more and more excited in each dharma talk as The Collective Well went on, that somehow showed the power of it being an emergent space, where things were not fixed and were bubbling up in her teachings, responding to the group, to the times, to her own self. The creativity that it took to do this was palpable, and inspiring.” - 2023 TCW participant



How sessions work

In each fortnightly session, you can expect a mix of -

- a dharma talk (or story-telling)
- tailored meditation instructions, for lying down or sitting practice
- break-out/discussion groups
- short Q&A
- expressive practice to deepen embodied understanding.
- **Extra sessions will be offered solely for Q&As, to allow time for practice in other sessions.**

There will also be additional sessions with **three guest speakers**. They will be drawn from Jess's First Nation Australian and international colleagues, who are steeped in their teaching and practice; Indigenous understanding, Dharma within psychotherapeutic applications and Tantric practice, within a modern context. These discussions will respond to and enrich/clarify the themes we explore, as well as fielding questions and ideas from our group. Guest speakers and times will be announced soon.

Sessions will be informed by Jess's direct experience, poetic traditions and her lineage streams from the Buddhist insight tradition, the three vehicles of awakening expressed in the Tibetan tradition, and empowerments she's received in the tantric tradition. At times we may deviate to include more formless or expressive modes of practice, including exploring refuge chants and movement within the sessions.

Extra Support

Extra support will be offered through the following, which are optional:

- Peer-lead meditation/discussion zoom sessions (weekly)
- Dharma buddies/small group check-in between sessions
- Online thread for collective peer sharing
- Recordings of all sessions, talks and guided practices along with short reflections and practice prompts
- **Each participant in The Collective Well 2024 will be eligible for one discounted 1:1 session with Jess over the duration of the course.** The usual price for these is \$160 - \$200 and it will be offered at \$120 for one hour. Booking details will be announced in the Welcome Package you will receive once you've booked in.

Program dates/schedule 2024

All times are AEST/AEDT

Open/Midpoint/Closing

Three longer **in-person** (Melbourne) / hybrid online sessions.

Opening	Friday 19 July	6.00 pm – 9.00 pm	The Oratory, Abbotsford Convent 1 St Heliers St, Abbotsford
Midpoint	Friday 13 September	6.00 pm – 9.00 pm	The Augustine Hall, Augustine Centre 2 Minona st, Hawthorn
Closing	Sunday 10 November	3.30 pm – 6.30 pm	The Augustine Hall, Augustine Centre 2 Minona st, Hawthorn

Fortnightly sessions

All other sessions will be held online on Zoom, on fortnightly Sundays from **Sunday 4 August** through to **Sunday 27 October** at 4.00 - 6.00 pm.

Session 1	Sunday 4 August	4.00 – 6.00 pm	Online
Session 2	Sunday 18 August	4.00 – 6.00 pm	Online
Session 3	Tuesday 27 August	7.30 – 8.30 pm	Extra online Q&A
Session 4	Sunday 1 September	4.00 – 6.00 pm	Online
Session 5	Sunday 29 September	4.00 – 6.00 pm	Online
Session 6	Tuesday 8 October	7.30 – 8.30 pm	Extra online Q&A
Session 7	Sunday 13 October	4.00 – 6.00 pm	Online
Session 8	Sunday 27 October	4.00 – 6.00 pm	Online

There will be **three additional sessions** with wonderful guest speakers to be announced soon. As these guests will be interstate and international, they will all be offered via zoom online.

Practice Container

This practice container is designed for both beginner and seasoned meditators. It will be helpful if you're consciously engaging with your inner life and have some literacy in your inner landscape. This of course does not mean there are no areas of struggle, but that some prior groundwork has been laid within the Buddha dharma or other spiritual traditions or western psychotherapeutic inquiry.

A commitment, or re-commitment to practice, as well as individual and collective wellbeing, is expected. Our individual receptivity, honesty and willingness, deepens the work for us all.

Dharma is a living energy - we respectfully and intentionally set the stage together, so the work can move between us. It's co-created, through our individual commitment to practice, to ourselves, each other, and the wider context that we're all interwoven and living within.

Instructions are akin to being given ingredients for cooking a process - *we're supported by the teachings, but we each have to bake our own bread to make it our own.*

*Please note, this is a dharma container and not a psychotherapeutic container. Jess's responsibility is as a mentor to accompany you on the path of practice, having walked and continuing to walk the terrain herself. This course intends to support those who wish to dive deeper into their practice within a collective, supported by Jess and her team. It is understood that all organisers, managers, teachers and participants come together with a mutual willingness for self-responsibility, transparency and honesty as we engage in this process together. If deeper issues arise that call for further attention, it would be appropriate to seek trained therapeutic support outside of this program to work hand-in-hand alongside your supported dharma practice.

"Jess's...authenticity and depth as a practitioner shine through to lighten the path for her students. She teaches with diligence, humour and accessible eloquence which makes the learning easy. After almost four decades of dedicated practice and countless retreats and lectures I have found Jess to bring the dharma alive in new and accessible ways." - 2023 TCW participant

Meet Jess Huon



I'm a dharma teacher and writer, who grew out of inner city Melbourne. I collided with the Buddha as a teenager - propelled on a path that began with a force I couldn't turn away from, and still can't. I've been practising ever since.

I've been teaching for the last 17 years in Australia and internationally - running retreats, leading meditative wilderness walks in remote places, writing study programs, delivering talks and accompanying thousands on their spiritual path.

I'm authorised to teach in the Buddhist Insight and Open Dharma Traditions. I continue to practice, evolve and adjust, wrestling with these teachings. I teach what I know and what I have felt.

I believe in both intellectual contextual understanding, and embodied learning and that it's the way we *live* our insights, in *real time*, that matters most. I have a particular focus on embodiment, inner resource, and a sense of warmth and nourishment that allows us to keep our eyes open, to extend ourselves - *to stay with and do hard things*.

In my 30 years of practice, I've found classical teachers, and unlikely teachers in unexpected places. My path has stretched across the Insight Buddhist teachings and also the Tantric - I don't often speak about the latter - *I see the world as my monastery*.

I know what it takes to land the realisations gleaned from these teachings, and stabilise them and integrate them in a modern culture that doesn't sympathise with the time needed for real learning, and cultural repair. I'm here for this round of The Collective Well 2024, based in my home town Melbourne.

I stand for our capacity to find fresh responses to personal and collective situations, deeper than distraction or despair. Together, we can pause and enter a shared depth - room for every-one here (nobody owns this place) - *in a way that does not cancel out or undermine our differences*. This is a regenerative space. We need this place now more than ever.

“Jess has her pulse on the pulsing wounded and beautiful heart of our times and sculpts the teachings around really meeting this. . A balance between a safe container, fidelity to the teachings, responsiveness to needs - danced like a true virtuoso.” Regeneration Retreat participant, 2023



Guest Speakers

Our first two guest speakers will be -



Kylie Marjambi, Flight of the Owl, to walk as a living example and interpreter of the ancient way in the context of the next 7 generations. Based on her Great Grandmother's & Great Grandfather's Lands & Waters in Uki of the 5 Rivers of the Githabul Ngarakwal Moiety in the mountains of the Northern Rivers of NSW.

Marjambi's bloodlines include Githabul, Ngarakwal and Miningubul as well as South Sea Islander (Vanuatu) on her father's side. On her mother's side her ancestry is from County Clare in Ireland as well as Welsh and Norse blood. Kylie Marjambi holds the blood of the colonised as well as the colonisers.

The focus of her walk is to lead by example a return to new old ways of being and seeing. Ancient wisdom, connection and grounding ceremony for modern times to honour the old ones and our habitat, Planet Earth. <https://huntahgathara.com.au/>



Chad Bennett, MA LPC is a Zen priest and psychotherapist who has been practicing Buddhism for 23 years. He's done extended retreats in the traditional lineage monasteries of Thailand and India. Chad's first career was as a course director for Colorado Outward Bound School where he developed the Inward Journey/Outward Bound adult meditation programs in wilderness settings.

Chad has taught on the faculty of Transpersonal Psychology at Naropa University and has facilitated Buddhist retreats in India, Europe and North America. Most currently he works with individuals and groups in his private psychotherapy and mentorship practice for the past 13 years. [Integral Somatic Awakening](#)

Program Team

This program will be supported by a skilled team including *our on-site manager/student support* who will be your port of call if you have questions that can't be answered in the larger group. She was also **field any questions you have that you would like Jess to consider for the next sessions**. If you are needing further support - she may be able to direct you to appropriate care.

We will also be supported by our Program Coordinator and tech support, who will be your port of call regarding program coordination, including issues regarding program times, as well as peer group and tech support. As our 'content tracker', she will be sharing all session recordings in case you miss a session. You will receive more information on these roles in the practical outline you'll receive soon after booking.

Program Fees

Regular Rate: \$1750 (opens 22 June)

You are welcome to pay in full, or pay a deposit of \$750

Regular Rate balances will be processed on 10 July

If this applies to you, please record these dates.

[**DIVE IN HERE**](#)

Strengthening Rate: \$1950 (support Jess's ongoing work — OPEN NOW!)

You are welcome to pay in full, or pay a deposit of \$750.

Strengthening Rate balances will be processed 10 July

If this applies to you, please record these dates.

[**BOOK STRENGTHENING PLACE HERE**](#)

Supported seats

We have a set amount of supported seats available. If the cost is an issue and you would like to attend please fill in this [application form](#).

Cancellations

We understand that circumstances change, and that people sometimes need to withdraw from a program. We have tried to balance understanding this with the reality that if students withdraw just prior, or part way through the course, new students aren't able to join and expenses still need to be paid. As such, please refer to the cancellation fees on the following page.

Cancellation fees + 5% booking fee
Until 31 June - \$150
Between 1 - 30 June - \$200
Between 1 - 10 July - \$400
After 10 July - No return of program costs

What happens if I can't attend some of the sessions?

We will provide recordings and a summary from each session, and the peer program is also there to provide continuity.

We are excited about where we will be able to take a devoted group for four months. We feel this time together will allow a combination of depth, accountability, friendship and consistency that will lend a rich quality to the experience.

Final note

The overarching call here—‘ringing out’ from many practice corners around the world—is to devote time to enter a regenerative space - to empower wisdom, compassion, creativity - to create the space *to do things differently* - to partake in the lessening of suffering for all.

May the practice we generate together ripple through our days and wash through areas of our lives where there may be impediments/blockages. May areas of struggle be seen into and softened. May insight and goodness, love, and clear seeing/action be empowered. May we be inspired and resourced to *stay with it, go deeper and step up* - to traverse these wild times. May we be re-enchanted *as we do hard things, stay with edges, and have courage to enter new fulfilling and surprising expressions of ‘self.’*



We look forward to deepening together and seeing what distinctly emerges between us as a collective and individuals.

[DIVE IN HERE](#)

Warm wishes,
Jess and the retreat team

[Head back to website here](#)