

Seeing that Frees

Clear Mountain Book Study & Practice

January – December 2025

(link to Discord Group: <https://discord.gg/sYUvn74rBk>)

Description

This year-long study group will explore the book *Seeing That Frees: Meditations on Emptiness and Dependent Arising* by [Rob Burbea](#) (1965-2020). Each month, participants will be asked to read 2-4 chapters and engage with the suggested practices. Then, towards the end of the month, we will meet for 75 mins on Zoom to discuss the ideas described and our experience of the suggested practices. Much of the discussion will take place in small break-out groups, although there will also be time for sharing in the whole group.

In addition, on the second Saturday of each month there will be an optional in-person meet-up discussion for anyone interested after the Clear Mountain Monastery meeting at the Triple Gym (aka Amistad School Gym at St. Mark's Cathedral).

We have set up a channel for the group on Discord here: <https://discord.gg/sYUvn74rBk>. This will be an unmoderated space to share thoughts and experiences about *Seeing That Frees*.

Interested?

This study group is open to active participants in Clear Mountain Monastery, defined as someone who has attended (in person or online) three Saturday morning or Wednesday night meetings ... and, if you are really interested but haven't yet attended any Clear Mountain gatherings, you can still join ... but try to join some gatherings in the future!

If you are interested, you will need access to a copy of the book for the duration of the study group. It can be purchased from your favorite bookseller for about \$25.

To cultivate a strong sense of community and foster a deep exploration of the book, you are requested to:

- Come to all monthly meetings (life circumstances permitting)
- Read and contemplate the designated book chapters before the monthly meeting
- Engage with one or more the suggested practices that start in chapter 6

Meeting Time

Last Monday of each month from 7:00 – 8:15 pm – see the Schedule for dates.

Meeting Format

- Welcome, hellos
- Guided Meditation from Rob. Approx. 10 - 15 mins
- Small group discussions (about 4-5 people randomly assigned). Approx. 25 mins.
Round-robin about 3-4 mins per person, followed by general discussion. Have a timekeeper. Discussion prompts for consideration (use any/all of them that are helpful):
 - What ah-ahs, insights or understandings are you taking away from this month's reading?
 - How have you applied the ideas in this month's reading in your practice on and/or off the cushion?
 - From Chapter 6 on - What is your experience of trying out one or more of the suggested practices?
 - What questions or uncertainties do you have about this month's reading and/or practices?
- Sharing in whole group. Approx. 25 mins
- Closing, announcements, and goodbyes

Guidelines for Mindful Discussion

- Approach the conversation with a sense of curiosity, a willingness to learn from others' perspectives and experiences, and a desire for constructive dialogue.
- Accept every person's perceptions as being true for them.
- Don't interrupt.
- Listen deeply, noticing what arises within you as you listen, and also be aware of what arises as you speak.
- Speak only for yourself. Speak about what's alive for you in this moment from your heart and your own experience.
- Avoid making judgments about self and others. Assume positive intent and be empathetic.
- Refrain from intellectual or philosophical sharing or long storytelling.
- Be lean of expression, meaning be mindful to stay on point versus going off on tangents.
- If you've already spoken, give others an opportunity to share a first time before you share again.
- Refrain from offering advice unless it is specifically solicited.
- Maintain confidentiality.
- Hold one another accountable for adhering to these guidelines.

Zoom Link

<https://us02web.zoom.us/j/89083301252?pwd=CSvgNWcFs5zj1KzhAEPEUojTxa9UwN.1>

Facilitators

Kate Davies, Ajahn Kovilo, Skylar Hinkley

Contacts

If you have any questions or would like more information, please contact [Kate Davies](#).

There will be a tech. assistant for in-session issues (see Schedule). The tech assistant will primarily be making sure Zoom is working correctly and monitoring the chat. They won't be able to correct any connection issues you might have.

Draft Schedule

Meeting Date	Part of Book	Chapters for Discussion	Facilitator	Tech. Assistant
January 27	Part 1: Orientations	1, 2, & 3	Kate	Skylar
February 24	Part 2: Tools & Provisions	4 & 5	Ajahn Kovilo	Doug
March 31	Part 3: Setting Out	6, 7, & 8	Ajahn Kovilo	Doug
April 28	Part 3: Setting Out	9 & 10	Kate	Skylar
May 26	Part 4: On Deepening Roads	11, 12, & 13	Ajahn Kovilo	Doug
June 30	Part 4: On Deepening Roads	14 & 15	Kate	Skylar
July 28	Part 5: Of Highways & Byways	16, 17 & 18	Ajahn Kovilo	Skylar
August 25	Part 6: Radical Discoveries	19, 20, & 21	Skylar	Doug
September 29	Part 7: Further Adventures, Further Findings	22, 23, & 24	Kate	Skylar
October 27	Part 8: No Traveler, No Journey – The Nature of Mind, and of Time	25 & 26	Dave T.	Skylar

November 24	Part 8: No Traveler, No Journey – The Nature of Mind, and of Time	27 & 28	Skylar	Doug
December 29	Part 9: Like a Dream, Like a Magician’s Illusion	29, 30, & 31	Kate	Sukhāvaho

Additional Resources

Seeing that Frees is the only book Rob wrote, however, he left an extensive legacy of teachings mostly in the form of recorded talks and guided meditations. All of these are available, with transcriptions, on the [Hermes Amara Foundation website](#) and on [Dharma Seed](#).

The majority of these talks and guided meditations explore what Rob called “soulmaking dhamma”. Rob developed this innovative body of teachings in the last eight years of his life, starting in 2012. Based on his own practice and a deep understanding of emptiness, soulmaking dhamma draws on the ideas and practices in *Seeing the Frees*, especially the knowledge that because everything is fabricated, dependently arisen and therefore empty of inherent reality or existence, one is free to play and fabricate in ways that are beautiful, meaningful and soulful.

Although this course will focus on *Seeing that Frees*, participants may be interested in exploring “soulmaking dhamma”. A good place to start is Rob’s talk called [Soulmaking \(Part 1\)](#) and the other talks listed on the [Hermes Amara Foundation’s website](#).