

The Joys of Awakening

A day long meditation retreat
with

Amma Thanasanti Bhikkhuni

Saturday April 13, 2013

9:00 AM - 4:30 PM

at the

**Unitarian Universalist Fellowship
of Stanislaus County
2172 Kiernan Ave., Modesto, CA**

All are welcome



The point of a spiritual path is to awaken. Along the path, as we radically open our hearts, expand our minds, awaken to an embodied divinity, and be inspired to walk a path of sacred action in the world there are many joys. This day long retreat will be an exploration of some of them- enjoying simple pleasures without being distracted by incessant thoughts, surrendering into a quality of love even in the face of suffering, and feeling the power of connection and truthful communication. The Buddha taught awareness of body and breath as a cornerstone to the path of enlightenment. Bringing attention to the body allows for relaxation, stillness, renewal and letting go. To discover the body is to discover awareness, and eventually, the awakened state. This allows an authentic relationship with ourselves and all of life. This brings about an unshakable joy.

This day long retreat will be divided into times for guided and silent meditation, Insight Dialogue, discussion and awareness with movement. It is suitable for both beginning and experienced meditators. Please bring a vegetarian potluck dish to offer and share for lunch, if you would like. For the sake of those who may have sensitivities or allergies, please do not wear scented or perfumed products. There will be a limited number of zabutons and zafus. Chairs will be available.



(Amma) Thanasanti Bhikkhuni began meditating over 30 years ago and was a Buddhist nun for 20 years in the Ajahn Chah tradition. In 2009 she returned to the US and founded Awakening Truth (www.awakeningtruth.org), an organization whose mission to support a Bhikkhuni training monastery and a new interface between monastic and lay practitioners in the modern world. In 2010 received Bhikkhuni ordination.

Amma's is warm and funny. She teaches meditation as an art and skill, integrating body, heart and mind to experience our natural state of wisdom, love and peace. She has taught meditation for over 15 years. Currently she resides at Shakti Vihara Hermitage in Colorado Springs.

Cost: This retreat is offered on a *Dana* basis. *Dana* means generosity and is the Buddhist practice of giving to ones capacity. In keeping with traditional Buddhist principles, teachings which liberate are priceless and so no set fee is required making them accessible to all.

Sponsored by:

Insight Meditation Central Valley

For more info contact: Lori Wong at 209-343-2748