

Knowing Our Mind, Telling the Truth

A Meditation Retreat with Therese Fitzgerald

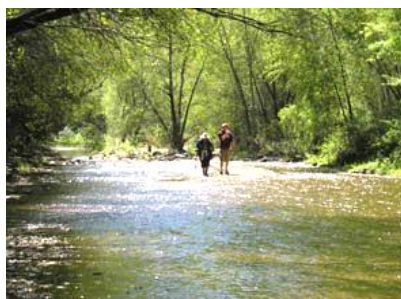
Thursday Evening, April 10, to Mid Sunday, April 13, 2014
Aravaipa Canyon Ranch, near Mammoth AZ, www.aravaiparanch.org
Hosted by the Singing Bird Sangha, Tucson AZ



Seeing things as they are (*yattha bhutam*) is an essential practice on the path of awakening. "Where there is perception, there is deception," the Buddha taught, emphasizing that most of our suffering comes from wrong perceptions. We will examine the stabilizing, clarifying practices of Right View and Right Thinking. We will also delve into the practice of telling the truth as constructively and skillfully as possible, incorporating the practices of Right Speech and *upaya paramita*.

Silence, walking meditation, mindful meals, Dharma discussion, yoga, and talks by and personal interviews with the teacher are intended to provide conditions favorable for the practices of knowing the mind and telling the truth taking root in each participant.

The retreat, held mostly in silence and including more meditation practice than in previous retreats with Therese, is recommended for both beginning and experienced meditators.



There will be time to enjoy the peaceful grounds, Aravaipa Creek and hiking trails by Aravaipa State Park. Vegetarian meals with gluten-free options, indoor bedrooms and tenting are available. Check-in 3:30-5:00pm Thursday. Retreat ends after lunch on Sunday.

Cost of the retreat: The registration fee covers lodging for three nights and meals. We offer a sliding scale fee (\$230-325)—see the registration form for details. Registration fees cover travel expenses, lodging, and meals for the teacher. Fees provide no direct payment for the teacher. **Attendance for the full retreat is required.**

Registration questions may be directed to:

Julia Graf

520-318-0989

jbgraf@msn.com

Dana practice: Dana is the practice of generosity and helps remind us of the fundamental "interbeing" nature of life. By supporting our teachers we deepen our own experience on the path of practice while helping them to support others. Teachers generously give their time and energy through listening, sharing, and teaching, often without financial reward. Offering dana makes it possible for them to continue their work and is their primary means of support. In the spirit of this tradition, there will be an opportunity for recipients of the teachings to make a voluntary contribution, called dana, at the end of the retreat. Because participants often ask what is considered appropriate, we offer the following guidelines: you may wish to make a contribution between \$75-\$150 for the retreat (\$25-\$50 a day), depending on your ability. Keep in mind, however, that dana is entirely from the heart.

Therese Fitzgerald received Dharmacharya ordination by Thich Nhat Hanh in 1994 and Soto Zen priest ordination by Richard Baker-roshi in 1986. She is co-founder of the Community of Mindful Living, which developed Thich Nhat Hanh's teaching and Vietnamese social work base in the United States. Together with Maxine Hong Kingston, Therese helped start the Veterans' Writing Group. She now lives on Maui, where she works as a meditation teacher and Co-Director of Ala Kukui/Hana Retreat.

2014 RETREAT REGISTRATION

Name _____ e-mail _____

Address _____

City _____ State _____ ZIP _____ Phone _____

I am interested in carpooling: I need a ride I can offer a ride

Circle preferred type of sleeping arrangement:

Own Tent

Shared Bedroom Preferred Roommate _____

Special dietary/medical needs/physical constraints: _____

Pre-registration required. Plan to arrive between 3:30 and 5:00 p.m. Thursday, April 10th

The Retreat Fee is offered on a Sliding Scale. Please select your fee according to the amount you can afford.

Benefactor \$255-325 _____

Base Cost \$250 _____

Partial Scholarship \$230-245 _____

I would like to designate \$ _____ to the scholarship fund for this retreat.

If you need further scholarship assistance, please contact Julia.

Mail this form with either the entire fee or \$100 deposit, payable to *Singing Bird Sangha*, to hold your place:

**Julia Graf
2836 E 1st ST
Tucson AZ 85716-4103**

**** Registration and balance due deadline: April 1, 2014 ****

Cancellations after the deadline will be refunded all but \$100 deposit.

For questions or further information, contact:
Julia Graf, 520-318-0989, jbggraf@msn.com

