

Luminous Mind presents

Stability & Clarity

Buddhist Retreat with George Draffan • Nov. 3–6, 2012

Thursday, November 3 Retreat begins at 7:30 p.m. You may check in any time after 4:30.

Sunday, November 6 Retreat completes with group lunch

Location St. Mary's Sewanee, Sewanee, TN

Cost: \$280 plus teacher donation (dana)

Deposit of \$80 will reserve your space upon acceptance in retreat.

Remainder due October 28.

Maximum of 20 participants can be accepted due to space limitations.



The Buddha's central insight is how suffering arises, and how suffering comes to an end. He taught that the struggles in life come from confusion -- from not knowing how things actually are. Underneath the confusion is an inherent and indestructible capacity to know the true nature of what arises, and the ability to respond in ways that promote balance, peace, and freedom.

There is a path for cultivating this ability, and over the past 2,500 years, refined and powerful ways of practice have evolved. In this retreat, we'll work with classic Buddhist methods for cultivating calm abiding (shamatha) and clear seeing (vipashyana).

Through silent meditation, contemplative exercises, personal interviews, and guided discussion, we'll explore the stability and clarity that allow us to be present and responsive in the midst of the changes and challenges of life.

We'll alternate sitting meditation with gentle taichi-chigong exercises suitable for any age and condition.

George Draffan is a Seattle-based practitioner and teacher of Buddhist meditation and Taoist energy practices. He offers teachings that are both authentic and practical.

COST: * The retreat fee of \$280 covers direct costs such as room and board. In addition, we invite you to offer a donation to the teacher (dana). The teachings are offered by donation, and rely on your generosity. Donations will be received at retreat and may be offered anonymously.

The practice of generosity is an essential aspect of the Buddhist path. On the personal level, practicing generosity opens the heart and mind, and counteracts habits of grasping and holding. On the collective level, the practice of generosity helps sustain the individuals and communities who cultivate and share the Dharma.

LODGING is in St. Mary's dorm — two persons per room. Some single rooms may be available for an extra \$42. Retreat begins at 7:30 p.m. November 3 and completes after Sunday lunch.

TO APPLY FOR THE RETREAT, please go to our retreat page at www.luminousmind.net and fill out the retreat application. The retreat will be limited to 20 participants.

CONTACT retreat organizer at:
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Register: www.LuminousMind.net