



Touching the Earth: Embodiment, Renewal and Letting Go

5-day Monastic Meditation Retreat

With

Ajahn Thanasanti Bhikkhuni and Terry Ray

Suitable for new and experienced meditators

Wednesday December 28th – Monday January 2nd, 2012

Sunrise Ranch, Loveland, Colorado

Insight Meditation

Insight Meditation is a simple and direct practice –the moment-to-moment investigation of the mind/body process through calm and focused awareness. The Buddha taught awareness of body and breath as a cornerstone to enlightenment. Learning to relax and bring attention to the body allows for stillness, renewal and letting go. To discover the body is to discover awareness, and eventually, the awakened state.

Cost: Retreat is offered on a *Dana* basis. *Dana* means generosity and is the Buddhist practice of giving to ones capacity. Teachings which liberate are priceless and so no set fee is required making them accessible to all. Yet it does take significant financial resources and a collaborative effort to provide the opportunity. Actual facility and food cost for the retreat is \$325 per person which does not include financial support for the teachers and Awakening Truth.

Early Registration Encouraged and Appreciated!

Registration is a \$100.00 deposit payable to Awakening Truth. Sleeping arrangements will be shared. Register early if you have special requests as they will be made on a first come first served basis. Additional information will be provided prior to the retreat. Sunrise Ranch is within easy access to the Denver International Airport in the Rocky Mountain foothills north of the Denver Metro area.

Registration Contact: Please contact registration at 303-949-9121 or at jennymmarx@gmail.com.



Terry Ray
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