

Adyashanti and Mukti

2018 RETREATS & ONLINE COURSES



OPEN GATE SANGHA

2018 SILENT RETREATS



Preregister October 1–31, 2017

Adyashanti's retreats have limited space. For your best chance of getting into a retreat, submit your registration during the preregistration period. (See p. 14)

► Feb. 25–Mar. 2 (5 nights) page 7

Mount Madonna Center
Watsonville, CA

► Apr. 22–27 (5 nights) page 8

Kanuga Conference & Retreat Center
Hendersonville, NC

► May 18–25 (7 nights) page 9

Granlibakken Conference Center
Tahoe City, CA

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Woldingham School
Woldingham, Surrey, UK

► Sep. 16–21 (5 nights) page 9

Granlibakken Conference Center
Tahoe City, CA

► Oct. 5–12 (7 nights) page 11

Hosted by Omega Institute
Registration opens in October 2017
at eOmega.org
Rhinebeck, NY

► Dec. 2–7 (5 nights) page 12

Asilomar Conference Center
Pacific Grove, CA



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“The Nature of Undifferentiated Being” © 2017 by Adyashanti. “Keeping Heaven Close” © 2017 by Mukti Gray.

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RETREATS WITH ADYASHANTI

Retreat is for those who desire to deeply realize the truth of their being and the essence of existence. Retreat offers time to step back from the course of daily life and enter into the Unknown, in an environment that provides both structure and support.



► The Retreat Container

The Silence

The silence of retreat is the backdrop for the mystery of ourselves to unfold. By setting aside several days outside of our usual schedules and routines, we stop working, tending to family, or taking on other responsibilities. Retreat is where all that's needed is to listen deeply, and to meet with silence when the bell calls us.

The Structure

Within the simple yet potent retreat schedule—including several periods of meditation each day, talks, and time for questions—Adyashanti asks that you fully commit to your own experience, whatever that may be.

► Silence and Inquiry

Silence is the container of retreat to which all participants dedicate themselves, for it is in inner silence that deep realization spontaneously blooms.

Retreat is also a time of one-pointed inquiry, a commitment to questioning our most cherished ideas and beliefs. On retreat, I encourage all participants to fearlessly inquire down to the very root of self and the illusion of separation so that the light of awakening can penetrate throughout the whole of one's being.

The entire structure of these retreats is something I've developed over the years to both support the flowering of realization as well as challenge the various ways that we hold on and resist letting go into the truth. Whether you feel drawn to attend retreat or not, I encourage you to enter into the spirit of retreat, into a wholehearted commitment to eternal truth here and now. ~ Adyashanti

► Being Ready for Retreat

Retreatants are asked to come to the retreat prepared to be fully present, with loose ends tied up at work and at home, completing all business before retreat and making arrangements with loved ones to help maintain the silence. Our shared depth of intention and commitment to silence allows an undistracted experience of surrender that is not often possible in daily life.

If you have medical or psychological pre-existing conditions, we encourage you to consult with your doctor or mental health professional before participating in a silent meditation retreat to

The Opportunity

We don't often give ourselves the time to stop, let down our guard, and open in quiet to all that is inside. With the support of retreat and your sincere commitment to meet each moment as it is, the truth can come forward. The experiences may be subtle, intense, or profound. Difficult emotions or issues may rise to the surface, but joy and discovery are equally possible, and all is held in the wisdom and compassion of the retreat environment. This is a unique opportunity to contact and immerse ourselves in "the peace that lies beyond all understanding."



ensure that the intensity and length of this event are right for you.

► The Schedule

The schedule offered at Adyashanti's retreats uniquely reflects his sense and experience of what best supports awakening. The deep silence of meditation coupled with the focused inquiry of sessions with Adyashanti are the ground and seed from which awakening flowers.

Because the schedule is a vital part of the retreat container, if you cannot arrive on time and plan to stay through the end, Adyashanti requests that you not attend the retreat. This shared commitment supports the group as a whole to experience the depth of retreat.

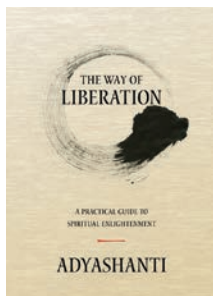
Day 1: After late afternoon check-in, there is a dinner break followed by a retreat orientation and a talk by Adyashanti.

Daily Activities: Each full day of retreat begins at 7:30 AM and ends by 10:00 PM. Most days include several periods of silent sitting, a guided meditation, two sessions with Adyashanti (talks and/or dialogues), and three meal breaks.

Last Day: The retreat officially ends just before lunch. (Lunch is provided but is optional.)

► Preparing for Retreat

Adyashanti encourages everyone coming on retreat to read *The Way of Liberation* before retreat begins. This small book contains a concise description of how to apply his core teachings and will be a useful guide to applying the teachings during the retreat.



Having a basic understanding of The Way will be profoundly helpful in making your retreat experience as deep and as liberating as possible. You can download a free PDF of *The Way of Liberation* at **Adyashanti.org/freebook**

► Audio Downloads

Talks & Dialogues

If you wish to explore the depths of retreat teachings at home, audio recordings of Adyashanti's retreats are made available to the public soon after each retreat.

Retreat MP3 download sets include talks and dialogues recorded live on retreat. Each set explores numerous topics unique to the retreat in which it was recorded.

Find all the current and past retreat recordings in the audio downloads area on **Adyashanti.org** by searching for "retreat."

Guided Meditations

Guided meditations are available to download about one month after each retreat. Visit the audio downloads area at **Adyashanti.org** and search for "meditations" to find the complete selection.

What Do You Really Want?

Let your brain whirl and spin itself
into blessed exhausted silence.

Let it rest like a baby
in the open palmed hands
of the heart held Now.

What do you really want after all?
To win, to pick the sweetest fruit on
the tree?
Or to rest from the endless succession
of temporal moments
and the promises that they never keep?

What do you really want?
To take or be taken?
To find the Great Pearl of liberation
or to be consumed by it?

~ Adyashanti





RETREAT SITES

When I come on retreat, I feel like I am in a deep and shared environment, something that depends on each and every one of us, but also is beyond all of us. There is something collective that occurs. Each retreat has its own particular quality.

~ Adyashanti



Mount Madonna Center ~ Watsonville, CA

5-Night Retreat in the Santa Cruz Mountains

February 25–March 2, 2018

Overlooking the Monterey Bay in California, Mount Madonna Center offers a peaceful mountain setting with 355 acres of redwood forest and grassland.

► Accommodations

The accommodations at Mount Madonna vary from rustic to modern, mostly with shared baths. Buildings are wheelchair accessible; please mention special needs to the Mount Madonna Center staff when reserving your housing.

► Meals

The cost includes three vegetarian meals per full day, starting with dinner on the first day and ending with lunch on the last day. Gluten-free and non-dairy options are available at each meal. Tea and fruit are available at all times. Special allergy or medical diets should be discussed with Mount Madonna Center staff when you reserve your housing. Mount Madonna requests that you do not bring food.



► Retreat Costs

Total Cost = Event Fee + Housing Fee

Event Fee, payable to Open Gate Sangha: \$450 per person.

Housing Fee, per person, payable to Mount Madonna Center:

Your Own Van	\$410
Economy Dorm (8 or more people)	\$515
Dorm (4–7 people)	\$575
Triple	\$620
Double	\$700
Double w/bath (limited)	\$765

There is no “commuter” option for this retreat, and no tent camping. *Housing costs and availability of housing types are not guaranteed.* For the best choice of housing options, reserve your housing early.

► Mount Madonna Center Housing Cancellation Policy

After you are confirmed in the retreat, you must reserve your housing with Mount Madonna. Full housing payment is due 31 days prior to the retreat start date.

- Cancel 31 days or more before the retreat start date: \$50 cancellation fee
- Cancel 30 days or less before the retreat start date:
No refund of housing fee

MountMadonna.org



Kanuga Conference & Retreat Center ~ Hendersonville, NC

5-Night Retreat in the Blue Ridge Mountains

April 22–27, 2018

Thirty minutes from Asheville, NC, Kanuga Conference & Retreat Center is located on 1,400 wooded acres in the Blue Ridge Mountains with scenic Kanuga Lake at its center.

► Accommodations

Housing options range from lodge-style rooms with private baths to comfortably rustic historic cottages with private and shared baths, living rooms, and porches. The main meeting room and a limited number of bedrooms are wheelchair accessible; please mention special needs to the Kanuga staff when you reserve your housing.

► Meals

The cost includes three meals per full day, starting with dinner on the first day and ending with lunch on the last day. Vegetarian diets may be requested when you reserve your housing. Allergy or medical diets must be requested prior to your arrival. Tea and coffee are available throughout the day.

► Retreat Costs

Total Cost = Event Fee + Housing Fee

Event Fee, payable to Open Gate Sangha: \$450 per person.

Housing Fee, per person, payable to Kanuga:

Doubles.....\$625

Singles (limited)\$800

There is no “commuter” or camping option. *Housing costs and availability of housing types are not guaranteed.*

► Kanuga Housing Cancellation Policy

Upon acceptance into a retreat, you must reserve your housing with Kanuga. Full housing payment is due at the time of making your reservation and is non-transferable.

- Cancel 7 days before the retreat start date: \$100 cancellation fee
- Cancel within 7 days of the retreat start date: **No refund of housing fee**



Kanuga.org



Granlibakken Conference Center ~ Tahoe City, CA

7-Night and 5-Night Retreats at North Lake Tahoe

May 18–25, 2018

September 16–21, 2018

Nestled among the pine trees on 74 secluded acres above Lake Tahoe in Northern California, Granlibakken Conference Center offers tranquil and peaceful surroundings.

► Accommodations

Lodging options include single and double rooms, studios, suites, and town houses, each with a private bath and shared living area. Dorm rooms with bunk beds and shared bath are also available. Please mention any physical limitations or special needs to the Granlibakken staff when reserving your housing.

► Meals

The cost includes three meals per full day, starting with dinner on the first day and ending with lunch on the last day. Vegetarian, gluten-free, and dairy-free options are available. Special allergy or medical diets should be discussed with Granlibakken staff when you reserve your housing. Tea and coffee are available throughout the day.

► Retreat Costs

Total Cost = Event Fee + Housing Fee

Event Fee, payable to Open Gate Sangha:

5-night	7-night
\$450	\$630

Housing Fee, per person, payable to Granlibakken:

	5-night	7-night
Dorm/Bunk (3–12 people)	\$474	\$664
Pavilion Bunk (4–8 people)	\$534	\$748
Double	\$744–\$858	\$1042–\$1201
Single	\$984–\$1188	\$1378–\$1663

There is no “commuter” or camping option. *Housing costs and availability of housing types are not*

guaranteed. For the best choice of housing options, reserve your housing early.

► Granlibakken Housing Cancellation Policy

After you are confirmed in the retreat, you must reserve your housing with Granlibakken with a deposit of \$100. Full housing payment is due 31 days prior to the retreat start date.

- Cancel 31 days or more before the retreat start date: \$25 cancellation fee
- Cancel 30 days or less before the retreat start date: \$100 cancellation fee
- Cancel on or after the retreat start date:
Two nights’ lodging charged



Granlibakken.com



Woldingham School ~ Woldingham, Surrey, UK

7-Night Retreat in South East England

August 11–18, 2018

Nestled in 700 acres of English countryside, the Woldingham School offers a restful and serene setting just 30 minutes south of London.

► Accommodations

The accommodations at Woldingham vary from single en-suite rooms to multi-bed dorms with shared baths and some tenting. Most buildings are wheelchair-accessible; please mention special needs when reserving your housing. For more information about accommodations, email registration@adyashanti.org.

► Meals

The cost includes three meals per full day, starting with dinner on the first day and ending with lunch on the last day. Vegetarian, gluten-free, and non-dairy options are available throughout the day. Tea and coffee are available throughout the day. Special allergy or medical diets should be mentioned when you reserve your housing.



► Retreat Costs

Total Cost = Event Fee + Housing Fee

Event Fee, payable to Open Gate Sangha: \$715 USD

Housing Fee, per person, payable to Open Gate Sangha.

Own Tent	\$290 USD
Dorm (3–8 people)	\$510 USD
Double	\$560 USD
Single	\$610 USD
Single w/bath	\$655 USD

Event and housing fees include 20% VAT (tax). There is no “commuter” option. *Housing costs and availability of housing types are not guaranteed.*

► Housing Cancellation Policy for Woldingham Retreat

After you are confirmed in the retreat, you must reserve your housing through Open Gate Sangha. Full housing payment is due 31 days prior to the retreat start date.

- Cancel 31 days or more before the retreat start date: \$50 cancellation fee
- Cancel 30 days or less before the retreat start date:
No refund of housing fee



Omega Institute ~ Rhinebeck, NY

Special 7-Night Retreat Hosted by Omega Institute

October 5–12, 2018

OMEGA

► Register through Omega Institute starting October 2017

Omega Institute, located two hours north of New York City, is sponsoring a 7-night silent retreat with Adyashanti. The structure and daily schedule of this retreat will be just like Adyashanti's Open Gate Sangha retreats, where participants share in a deep commitment to the container of silence.

► Cost

Omega 7-Night Tuition: \$630

Omega 7-Night Accommodations: Estimated cost from \$660 for camping to \$1,885 for a single.

Accommodation pricing is estimated at the time of this printing and is subject to change. Check **eOmega.org** in October 2017 to verify pricing.

► To Register

All registration and housing arrangements will be handled by Omega Institute. Registration is not available through Open Gate Sangha.

Omega Institute will be accepting registrations online or by phone on a first-come, first-served basis starting in October 2017. Call (800) 944-1001 within the US, or (845) 266-4444 outside the US. For more information or to register, visit **eOmega.org**. A limited number of scholarships are available for this event; apply through Omega.



eOmega.org



Asilomar Conference Center ~ Pacific Grove, CA

5-Night Retreat on the California Coast

December 2–7, 2018

Asilomar Conference Grounds, located on the shoreline of California’s Monterey Peninsula, is rich with history and scenic beauty. Its tranquil setting includes 107 acres of dunes, beach, and forest.

▮ Accommodations

The rooms at Asilomar are very comfortable, and each includes a private bathroom. The main meeting room and some residential halls are wheelchair accessible; please mention special needs to the Asilomar staff when you reserve your housing. Asilomar does not have camping facilities.

▮ Meals

The cost includes three meals per full day, starting with dinner on the first day and ending with lunch on the last day. Vegetarian, gluten-free, and dairy-free options are available. Allergy or medical diets must be requested prior to your arrival. Asilomar requests that you do not bring food.

▮ Retreat Costs

Total Cost = Event Fee + Housing Fee

Event Fee, payable to Open Gate Sangha: \$450 per person.

Housing Fee, per person, payable to Asilomar:

Quad (limited)	\$732
Triple (limited)	\$798
Double	\$929
Single (limited)	\$1,376

Asilomar will accept housing applications after January 15, 2018. There is no “commuter” or camping option. *Housing costs and availability of housing types are not guaranteed.* For the best choice of housing options, reserve your housing early.

▮ Asilomar Housing Cancellation Policy

After you are confirmed in the retreat, you must reserve your housing using only the Open Gate Sangha group reservation form on the Asilomar website. Full housing payment is due 31 days prior to the retreat start date.

- Cancel 61 days or more before the retreat start date: \$100 cancellation fee
- Cancel 60 days or less before the retreat start date: **No refund of housing fee**



VisitAsilomar.com

INFORMATION & REGISTRATION

Attending a retreat can be a profoundly liberating event that both nurtures and challenges participants to dive deeply into themselves. Signing up for a retreat can be a big decision, and many find that the retreat experience begins the moment they submit their registration. The following pages will answer most of your questions about travel, special needs, scholarships, and how to register.



Preregister in October 2017

► About the Preregistration Process

Adyashanti's retreats have limited space. For your best chance of getting into the retreat of your choice in 2018, submit your preregistration in **October 2017**.

Your preregistration will be pending until October 31, 2017. At that time, if there is enough space in the retreat you have preregistered for, your registration will be confirmed. If the retreat has more preregistrations than spaces available, a random lottery will determine whether or not your registration is confirmed.

If you are confirmed in a retreat—Your payment will be processed, and you will receive a registration confirmation email by mid-November. Please do not contact the retreat site until you receive registration confirmation. You will need to pay for your housing by the deadline noted on your confirmation email. For the best choice of housing options, reserve your housing early.

If you are not confirmed in a retreat—Your payment will not be processed, and you will automatically be placed on a waiting list for your chosen retreat. You will receive a waiting list notification by mid-November.

► Retreat Confirmations

Retreat confirmations will be sent via email within two weeks after October 31, when preregistration closes. At that time, you can access your registration status and retreat information by logging into your account area at **Adyashanti.org**. If you have not received a confirmation email after three weeks, please check your junk mail and spam folders. You can also log in online to get the information you need.

► Attendance Requirements

To attend a retreat with Adyashanti, you will be required to:

1. Pay the event fee to Open Gate Sangha.
2. Pay for housing. (See costs on pages 7–12.)
3. Arrive on time (check in before dinner on the first day) and stay at the retreat site through the end of the retreat (just before lunch on the last day).

► Waiting List

If you miss the retreat preregistration deadline, or if a retreat has filled, you can place your name on the waiting list at **Adyashanti.org** two weeks after the preregistration deadline. You will then be on standby to attend the retreat if a participant cancels, and Open Gate Sangha will contact you to see if you still wish to attend.

Important to know:

1. We cannot guarantee if, or when, you might be called to attend retreat.
2. We will not be able to tell you your status on the waiting list.
3. You and a partner can both get on the waiting list, but not as a couple. Participants are called from the waiting list individually. It is possible you may not both be offered an open seat and therefore may not be able to attend the retreat together.
4. If you choose to attend the retreat, you must accept whatever housing is available.
5. Financial assistance is not available for people called from the waiting list.

► Financial Assistance

Open Gate Sangha offers retreat scholarships for those who need financial assistance. Scholarships are awarded based on a number of criteria, including thoughtfulness of your application, availability of scholarship funds, applicant's financial need, and prior scholarships awarded to the applicant. We offer a limited number of scholarships and cannot guarantee an award to any individual.

Scholarship Options

There are two types of scholarships for retreats: A **Partial Scholarship** is an award equal to the event fee. Partial Scholarship recipients will be responsible for reserving and paying for their housing with the retreat site. A **Full Scholarship** is an award equal to the event fee plus the least expensive indoor housing fee. If Full Scholarship recipients require rooms of greater cost, they are responsible for paying the difference.

Applying for a Scholarship

If you choose to apply for a scholarship, do not preregister for a retreat.

Complete details about scholarships, scholar-

ship housing, and how to apply for a scholarship are found on the Retreat Scholarship Application form on Adyashanti.org.

The scholarship application deadline for all retreats in 2018 is October 31, 2017. If you miss this deadline, please wait and apply for a scholarship when retreats in 2019 are announced.

Donating to the Scholarship Fund

Many thanks to those who have contributed to Open Gate Sangha's Scholarship Fund. This support helps make it possible for many to attend retreats and intensives who would not otherwise be able to afford it.

To contribute to the Scholarship Fund, mail a check to the following address: **Open Gate Sangha, PO Box 112107, Campbell, CA 95011.** Be sure to specify "Scholarship Fund" on your check. Open Gate Sangha, Inc. is a nonprofit, tax-exempt organization.

Special Needs

For those who have special needs, the following information may be helpful when planning for a retreat:

- ▶ All retreat sites have some wheelchair-accessible housing options, and retreat meeting halls and dining buildings are wheelchair accessible.
- ▶ All retreat sites have some accommodations that require using stairs or walking long distances, and not all paths are lit at night.
- ▶ Asilomar's jitney cart service is available for transporting special-needs guests onsite.
- ▶ Mount Madonna Center's tent camping and some cabins require walking up a hill and through a wooded area. Some housing options at Woldingham School require walking some distance to the main meeting hall.

Cancellations

Cancellation Procedure

1. Notify Open Gate Sangha.
2. Notify retreat site.

Cancellation Policy

Event Fee Cancellation Policy
(Open Gate Sangha)

31 days or more before the retreat:

\$50 cancellation fee

30 days or less before the retreat:

No refund of Event Fee



Although the retreat sites will make every reasonable effort to find the right accommodation for your needs, all housing for these events is "first come, first served." For this reason, we cannot guarantee that your specific requests will be met.

The structure and schedule of a silent retreat can be challenging both physically and psychologically. If you have medical or psychological pre-existing conditions, we encourage you to consult with your doctor or mental health professional before participating in a silent meditation retreat to ensure that the intensity and length of this event is right for you.

If you need special assistance in order to be on retreat, please make all arrangements prior to arriving at the retreat. If it is not possible for you to participate within this format, we recommend attending a 1- or 2-day event instead. The schedule is less rigorous and does not require participants to maintain silence over multiple days.

Those who would like to explore the depth of retreat teachings in private or are unable to attend a retreat in person are encouraged to create their own retreat experience with one of the MP3 download sets recorded on retreat. See page 5.

Please note: Retreat registrations and Event Fees are **not transferable** to other people or events.

Housing Cancellation Policies

Housing cancellation is specific to each retreat site. See pages 7–12 for each site's policy.

Important: If you are confirmed to go on retreat and your housing fee payment is not received at least 31 days prior to the retreat (or within 48 hours if you register less than 31 days prior), Open Gate Sangha reserves the right to cancel your retreat attendance and apply the Event Fee Cancellation Policy above. Email registration@adyashanti.org immediately if you need to cancel.

Preregister in October 2017

► How to Preregister

Preregister Online at Adyashanti.org

For your best chance of getting into a retreat, preregister online between October 1 and midnight, October 31, 2017.

Go to the Retreats page to find the retreat you wish to attend. Credit cards are accepted online.

Online Preregistration Tips for Couples:

Here are a few helpful tips for those who wish to attend a retreat with a partner:

1. Before you begin the online preregistration process, make sure your partner is set up with an account at **Adyashanti.org** with their own email address.
2. You and your partner will be sent separate waiting list and/or registration confirmations by email within 2–3 weeks after the deadline.

► Planning for Retreat

Travel Arrangements

Once you have received a retreat attendance confirmation, you can begin planning your trip. If you are traveling by air, we recommend flying in before 1:30 PM on the first day of the retreat, and flying out after 4:00 PM on the last day of retreat. Information regarding airports, shuttles, and driving directions will be available online after your registration is confirmed.

Seating

The retreat centers will provide prearranged seating for silent sitting and talks. Feel free to bring extra cushions or back supports. Do not bring your own chairs. You may bring backjacks or cushions for floor seating at Granlibakken.

Staying Extra Nights

Staying extra nights at the retreat site before or after the retreat is sometimes possible. Contact the retreat site directly for availability, after you have received your retreat confirmation.

All phenomena are comprised of the will to be—
from the tiniest particles that make up the world, to
a human being's instinct to survive and procreate.

~ *Adyashanti*

RETREAT TEACHINGS

The Nature of Undifferentiated Being

by Adyashanti

To be conscious is to perceive phenomena as separate objects. You open your eyes and the world seems to be comprised of distinct things—a rock is different from your hand, and the sky is different from the ground, and so on. That is the way consciousness perceives life.

This way of perceiving is not only dualistic, but illusory as well. It is illusory because all phenomena in actuality are undifferentiated being—meaning they are all of the same fundamental nature. They are all undifferentiated being, appearing to consciousness as separate and distinct things. When we say the world is an illusion, what this really means is to perceive the world comprised of objects that are separate from each other; that is an illusion created by consciousness. This doesn't mean that there is nothing here—it just means that the way we perceive it is generally illusory.

The world of phenomena, in reality, is a manifestation of undifferentiated being. Undifferentiated being is not perceivable by dualistic consciousness and therefore goes unnoticed. In order to become aware of undifferentiated being, the latent awareness within it must separate itself from being enmeshed in dualistic consciousness. This means separating itself from the will to be, the driving instinct of consciousness. All phenomena are comprised of the will to be—from the tiniest particles that make up the world, to a human being's instinct to survive and procreate. One must transcend the will to be in order to disentangle the awareness inherent within undifferentiated being.

Undifferentiated being is unborn and undying. While its manifestations are continually changing, in and of itself, it undergoes no change, no evolution. It is timeless, desireless. It is actually what we are, what we were, and what we will be. ▀

Excerpted from the CD "Breaking It All Down"

Keeping Heaven Close

by Mukti

Some have a great interest in discovering their nature as vast, limitless being, and in transcending heavenward, away from the difficulties associated with this earth.

Contrarily, others have an interest in feeling at home in themselves, in what it is to land, rest, and no longer run away or strive. But they are not sure how to effect change.

Most have both interests, which can create an inner division: “I’d really love to be at home here, but actually I’d love to be out of here.” In both cases, the perspective is often “I am in state A, and there’s something else I want: state B.”

So what is it like to simply be and sense afresh, without striving for a new state? You can sense the energies of seeking stirring in your body and be curious about them. Ask: What is the felt sense of seeking? How does it appear? And from where? Then be still and continue to sense. Let the energetics that you feel change, shift, and convey.

By shining the still gaze of your attention upon energies of restlessness and discontent, the energies, or one’s experience and perception of them, change. With true investment of attention, such change can be greatly transformative.

I’m speaking of a different way of aligning with what is, than that of deconstructing beliefs or questioning what is true or not true. This approach is kinesthetic and utilizes perception. Many find it helpful, direct, and a complement to questioning thought or emotion. Such a way is a departure from resisting one’s state and invites an openness to look anew at what is informing states, and what is informing our sense of self that feels defined by states. Moreover, it allows an opportunity to see both states, and our sense of self, shift and redefine, or un-define.

As the light of awareness, through directed attention, is brought to a contracted state and resulting limited sense of self, the limits and contractions gradually soften. As the holding of both self and state become imbued with awareness, both can become more spacious, conscious, and liberated.

I encourage you to turn within, to how you sense the energies of seeking, restlessness, and resistance, and to shine the light of awareness through your attention on their very shape, texture, movement, and color, and on the very space and clarity in their midst—as an ever-open sky amidst currents and clouds, conveying the substance of transcendent heaven right here, within. ▀



RETREATS WITH MUKTI

Retreat is for those who are willing to set aside personal agendas and to give all of themselves to that which is unconditioned. It is this unconditioned that reveals Itself to be the one true reality of each of us and all of existence.

ABOUT MUKTI'S RETREATS

Retreats with Mukti offer much the same structure and teaching principles as those with Adyashanti, while also offering intimate venues with fewer participants. In her own teaching, Mukti brings flavors of feminine nurturing and quiet power as well as kinesthetic, visual, and precise pointers to Truth.

These retreats offer an opportunity to share a common intention to discover the truth of what



is. To support this intention, all retreats are held in deep silence, except for the time together in sessions with Mukti. In addition to the group sessions, the daily schedule includes several periods of meditation and a period of easy qi gong movement. The sessions and meditations are suited to penetrating heartfelt questions and, along with shared intention, create a synergistic combination for Self remembrance.

All of Mukti's retreats are registered on a first-come, first-served basis.

SILENT RETREAT IN 2017

► 3-Night Retreat in Mill Valley, CA

November 16–19 at Ralston White

Event Fee: \$265 Housing: \$395–\$465*

SILENT RETREATS IN 2018

► 2-Night Retreat in Watsonville, CA

March 2–4 at Mount Madonna

Event Fee: \$315 Housing: \$120–\$365*

► 5-Night Retreat in Vancouver, BC

April 15–20 at Loon Lake

Event Fee: \$450 Housing: \$455–\$820 USD*

► 6-Night Retreat in Boulder Creek, CA

May 26–June 1 at Vajrapani

Event Fee: \$540 Housing: \$435–\$1035*

► 5-Night Retreat in Garrison, NY

July 8–13 at Garrison

Event Fee: \$450 Housing: \$700–\$800*

► 5-Night Retreat in Tazewell, TN

September 29–October 4 at Well Being

Event Fee: \$450 Housing: \$275–\$775*

**Housing costs are estimated at the time of this printing and are subject to change.*

For details and registration, visit MuktiSource.org



ONLINE COURSES

You are invited to dive ever more deeply into your spiritual inquiry, practice, and embodiment in the midst of your daily life. With the support of Adyashanti's and Mukti's unique perspectives and guidance, online courses offer rich opportunities for awakening and transformation.





New in 2018!

Immersions

by Adyashanti

I want to introduce to you a new 3-month online program that we at Open Gate Sangha call Immersions. There is an old tradition that each year in Zen Buddhist monasteries all over the world, monks commit themselves for a 3-month period exclusively to deepening their spiritual practice and realization. It is a time when the monks, both men and women, with the guidance of their teacher, give all of their time and attention to deep spiritual inquiry, meditation, and silence, in the supportive environment of the Sangha. It is in this spirit that I invite all of you to join me, and people from all around the globe, for this online Immersion in deep spiritual practice, and The Way of Liberation Teachings.

Unlike Zen monks, who can devote every minute of the day to their spiritual practice during these intensive training periods, Immersions will take place once a year online, and are adapted toward those of us engaged in the commitments and challenges of daily life. Immersions will be oriented toward the serious and committed students of these teachings. I think that Immersions will be relevant, and certainly open, to anyone who desires to participate in them, but I'm tailoring the teachings to those serious about their spirituality.

Immersions are a reflection of my desire to give more of my time and energy in the coming years to those who feel deeply inspired and committed to spiritual awakening, and also to living the most awake, free, clear, and loving life that they can. This does not occur by happenstance; it re-

quires great dedication to realization, great love of truth, and great compassion for all beings. Immersions will challenge you to step forth in all of these dimensions of life, and will be an opportunity for me to present teachings specifically oriented toward the deeper waters of spiritual realization. ▮

▮ Immersion 2018

Live Broadcasts:

Aug 1, Aug 29, Sept 12, Sept 26, Oct 17, Oct 31

Please join us in this 3-month transformative experience in which Adyashanti transmits his most relevant, clear, and current expressions of his teachings.

Includes: 6 live video internet broadcasts, weekly video exercises, online Q&A, participant interaction, downloads to program materials, and more.

Registration opens 1–2 months prior to each Immersion.

For additional details, go to
Adyashanti.org/Immersions

Online Courses

► Taking the One Seat

*Spiritual Autonomy and the Soul's
Discovery of Meaning*

4-Week Online Course with Adyashanti

Wednesdays, November 8–29, 2017



Deep spiritual experience is characterized by an apparent, and at times baffling, paradox. While realization reveals the unity and non-separation of all existence, we simultaneously experience ourselves as individuals leading particular human lives. Ultimately the experience of reality lies at the dynamic confluence of the universal One and the human one, the experience of no separate self and what I call spiritual autonomy.

Spiritual autonomy, or what might be described as the soul (if understood more as a function than as a thing), is an invitation to step up to our incarnation, to say yes to it, and to realize our own potential, both for ourselves and for the sake of all beings. But before the soul

can be realized and lived, it must be brought to the surface of consciousness, nurtured, and chosen to be one's own. Only then does it begin to reveal a deeper sense of meaning and direction in one's life.

While the ground of being may be completely beyond both meaning and purpose, the individual expression of that ground is given direction and oriented to the world through the prism of meaning. By bringing to light how the ground of being functions through the individual, we discover a degree of spiritual autonomy that allows and challenges us to what in Zen is called *taking the one seat*. To take the one seat is to fully occupy this very life—our individual life and all of life—as the ultimate ground of being. To do so is the expression of enlightenment itself.

I hope that you will feel called to join me in these weekly talks, Q&A, practice videos, and more, as we take this deep dive into what it means to discover and develop spiritual autonomy. ~ *Adyashanti*

For additional details, go to Adyashanti.org/TakingtheOneSeat

► Got Juice?

Bringing Devotion & Heart to Practice and Living



4-Week Online Course with Mukti

Wednesdays, February 7–28, 2018

Join Mukti in exploring how the gifts of devotion and heart can fortify intimacy and fulfillment in one's spiritual practice and service.

This four-week course includes live online broadcasts, Q&A, guided exercises, and more.

For additional details, go to MuktiSource.org/GotJuice



OPEN GATE SANGHA

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Campbell, California 95011-2107

opengate@adyashanti.org

Advashanti.org

Preregister
October 1–31, 2017

2018 RETREATS

Advashanti's retreats are announced once per year. This brochure contains information and registration details for all of Advashanti's retreats in 2018 and highlights of Mukti's retreats in 2017–2018.



*The Open Gate Sangha organization supports the teachings of Advashanti and Mukti by making them available to all who sincerely yearn for peace and freedom. Founded in 1996, the organization is run by a small staff and many dedicated volunteers. **OpenGateSangha.org***

9/1/17 – 9/1/18

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