



***Two-day Intensive with Dorothy Hunt***  
***November 15-16, 2008***

***GRACE AND GRATITUDE***

*Grace is always present. You imagine it is somewhere high in the sky,  
far away, and has to descend. It is really inside you, in your Heart.  
Grace is the Self. . . You are never out of its operation.*  
--Sri Ramana Maharshi

Whether life appears to bring tears or laughter, it is all grace. Grace fills the world, but only a heart awakened to Love will taste its depths. In awakening we understand that grace is always present. There is a basic trust in life's movement and its goodness. We realize that whatever is here in the moment is a gift, if we can receive it as such. Whatever is here expresses life's wholeness and can be an invitation back to its Source. Awakening allows us to freely appreciate the gifts of impermanence and continual flow, no longer bound by the suffering that comes from perpetually wanting "more," different, or unending *experiences*.

When we realize the movement of grace in our lives, the natural response of the heart is gratitude. Gratitude is not simply being thankful for things we deem beneficial or pleasurable. It is really a way of living and an expression of the peace we discover that is right here in all circumstances. We may find that

*It is not happiness that makes us grateful,  
but gratefulness that makes us happy.*  
--Brother David Steindl-Rast

In this weekend exploration of grace and gratitude, we will look at such things as: the difference between spiritual candy and truth; the grace of God or Guru; the place of surrender in being able to receive grace; the importance of our heart's integrity; and the effect of either openness to the moment or demands that life look a certain way. There will be a 1½ hour break for lunch on Saturday and afternoon tea on both days.

**Dates:** *November 15-16, 2008*  
*Saturday, 10:00 a.m. – 5:00 p.m.*  
*Sunday, 1:00 – 5:00 p.m.*

**Cost:** *\$125 - on or before October 15*  
*\$150 - on or before November 12*  
*\$175 - at the door*

**Location:** *Community Congregational Church*  
*of Tiburon; 145 Rock Hill Drive*  
*Tiburon, California*

**To register:** *Please complete and return*  
*the attached form*

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***Dorothy Hunt*** is the Spiritual Director of Moon Mountain Sangha, teaching at the request and in the spiritual lineage of **Adyashanti**. She is the founder of the San Francisco Center for Meditation and Psychotherapy, author of *Only This!*, and contributing author to *The Sacred Mirror* and *Listening from the Heart of Silence*. For more information, see [www.dorothyhunt.org](http://www.dorothyhunt.org)

**GRACE AND GRATITUDE**  
*Weekend Intensive with Dorothy Hunt, November 15-16, 2008*

**General Information**

**Saturday, November 15, 2008**

**9:30 a.m. Registration begins;  
doors open**

**10:00 a.m. Doors close during meditation**

Please plan to attend both days and to arrive on time.

**Seating:** Chairs will be provided, however  
feel free to bring your own back-jack or cushion.

**Meal Break:** You may bring your own lunch on  
Saturday or drive to a restaurant. While there is no  
food or drink (except water) allowed in the Seminar  
Room where our group will meet, there will be space  
provided both indoors and outdoors (weather  
permitting) for eating.

**Registration**

**Pre-Registration deadlines for this event:**

**\$125 – if received *on or before* October 15, 2008**

**\$150 – if received *on or before* November 12, 2008**

Please use the registration form below. Space will be  
reserved in the order received.

**\$175 – At-the-Door Registration**

**Cancellation Policy:** Cancellation fee is \$25 prior  
to Saturday, November 1, 2008. No refunds for  
cancellations after this date.

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**Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Home phone:** \_\_\_\_\_ **Business phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

*(Note: Your registration will be confirmed by e-mail unless you do not have e-mail.)*

**Amount Enclosed @\$125 per person\* (if received on or before October 15, 2008):** \_\_\_\_\_

**@\$150 per person\*(if received on or before November 12, 2008):** \_\_\_\_\_

\*If you are registering for more than one person, please include all of the above information for each person.

**Sorry, no credit cards. Please make checks out to MOON MOUNTAIN SANGHA**

**I would be willing to be a volunteer for this event by:**  
**helping with registration**\_\_\_\_; **set-up and clean up**\_\_\_\_; **book sales**\_\_\_\_; **satsang/flowers**\_\_\_\_;  
**bringing snacks**\_\_\_\_; **offering music or poetry**\_\_\_\_.

*Please fill out the above and mail with a check for \$125 (or \$150) per person made payable to:*

**Moon Mountain Sangha**  
**1719 Union Street**  
**San Francisco, CA 94123-4406**