



***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)