

# Five-Night Silent Retreat with

*Dorothy Hunt*

August 8-13, 2010

*Harmony Lake Ranch, Christmas Valley, Oregon*



*Photograph courtesy of Hilloah Rohr*

## On a Portrait of Myself

*Cold lake, for thousands of yards,  
soaks up sky color.*

*Evening quiet: a fish of brocade  
scales reaches bottom, then goes  
first this way, then that way; arrow  
notch splits.*

*Endless water surface,  
moonlight brilliant.*

--Eihei Dogen  
(1200-1253)

What is the portrait you hold of **your** self? Could you possibly be the cold lake, the quiet evening, the sky colors, the fish that goes this way and that, the endless water surface, the brilliant moonlight? Or are you a self fixed in time and space, the composite of memories, habit patterns, thoughts, opinions, feelings, reactions, form? “Who or what am I?” is a most profound question in spiritual life; however, this question will never be satisfied by an intellectual answer.

Retreat offers us time for silence, reflection and stillness. It can provide an opportunity to remember our true nature, to investigate the implications of our realizations, and to explore profound dimensions of life’s wisdom and love. When we are deeply interested in knowing from our own experience what is true rather than trying to compare our experience to someone else’s or to something we have read or heard, we become open to discover what lies beyond all ideas, traditions, belief systems and hearsay.

**Dorothy Hunt** currently serves as Spiritual Director of Moon Mountain Sangha, Inc. teaching at the request and in the spiritual lineage of **Adyashanti**. She is a licensed psychotherapist, practicing since 1967, and is the founder of the San Francisco Center for Meditation and Psychotherapy. Dorothy is the author of *Only This!*, editor of *Love: A Fruit Always in Season*, and a contributing author to both *The Sacred Mirror* and *Listening from the Heart of Silence*. She resides in San Francisco with her husband of 44 years and is a mother and grandmother. For more information, you may visit her website at [www.dorothyhunt.org](http://www.dorothyhunt.org) or call (415) 567-8404.

**Harmony Lake Ranch** is located on 300 acres of “high desert” 80 miles southeast of the town of Bend, Oregon. There is an 80 acre lake on the property which is home to a veritable estuary of birds as well as many other forms of wildlife. Shared accommodations will be in a lovely private home offered for this retreat or tent or RV camping under the Big Sky. Three meals each day, plus snacks are included. Space is limited; retreat filled on first-come, first-served basis. **TO REGISTER, please complete the attached registration form and mail with your deposit of \$250 to Moon Mountain Sangha.**

**TO REGISTER:**

Please fill out the registration form below and mail it with your deposit. (See **PAYMENT**)  
Applicants will be notified by e-mail of acceptance.

**PAYMENT:**

Retreat costs, given per person on the registration form, include housing, meals (Sunday dinner through Friday lunch), and tuition. Please make your \$250 deposit check payable to *Moon Mountain Sangha, Inc.* (Sorry, no credit cards.)

**The balance of your retreat payment will be due on or before July 23, 2010.**

Prior to enclosing your check, please read the cancellation policy below.

*Please mail your form and check to:*

***Moon Mountain Sangha, Inc.  
1719 Union Street  
San Francisco, CA 94123***

**CANCELLATION POLICY:**

Cancellations on or before July 16, 2010, \$50 cancellation fee.

Cancellations on or before July 23, 2010, \$250 cancellation fee (deposit retained).

Cancellations after July 23, 2010, no refunds.

**QUESTIONS:**

For questions regarding registration or cancellation, please contact Ali at

[administrator@moonmountainsangha.org](mailto:administrator@moonmountainsangha.org) or (914) 473-3440

For questions regarding the retreat, housing, meals, or transportation, please contact Mark at

[IFS@bendcable.com](mailto:IFS@bendcable.com) or 541-330-0429

**Registration Form**

*August 8-13, 2010 Harmony Lake Ranch Retreat*

Female  Male

Dorm choices are bedrooms shared by two to five persons.

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

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_

E-mail\*: \_\_\_\_\_

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Room Choice	\$/Person**
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tent/RV Camping	\$ 525
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dorm	\$ 550
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Double for couple*** (queen beds)	\$650

\* If you do not have e-mail, your confirmation will be mailed.

\*\* Price per person includes tuition, housing, and three meals per day for five days.

\*\*\* If you are requesting a double room for a couple, please mail both of your forms and deposits in the same envelope.