



Five-Night Silent Retreat with *Dorothy Hunt*

August 12 - 17, 2008

At Harmony Lake Ranch, Christmas Valley, Oregon

*In the silence of the heart Truth speaks.
When you discover it here, you find it everywhere.*

To allow ourselves to simply be, and not have to be *this* or *that*, is one of the beautiful gifts of a silent retreat. Retreat invites us to immerse ourselves in the Heart of Silence, to discover and return to our true nature that is ever-present, ever-awake, and unceasingly flowing as life, love, and wisdom. Retreat also offers a time to investigate deeply what it means to live and move from Truth rather than from our limited concepts. Retreat activities each day include several periods of meditation and satsang, as well as free time for hiking, swimming, or simply being in nature. There will also be an opportunity to meet privately in dokusan with Dorothy.



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 and fish. Shared accommodations will be in a lovely private home offered for this retreat; tent camping is also an option for those wanting to sleep out under the Big Sky. Three meals each day, plus snacks are included.

Dorothy Hunt, Spiritual Director and President of Moon Mountain Sangha, Inc. is a teacher in the spiritual lineage of **Adyashanti**. She is the founder of the San Francisco Center for Meditation and Psychotherapy, and is both a licensed psychotherapist and an ordained interfaith minister. 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*. Dorothy offers meditation, satsang, dokusan, weekend intensives and retreats in the San Francisco Bay area, and elsewhere by invitation. You may contact her at (415) 567-8404 or visit her website at www.dorothyhunt.org.

TO REGISTER: Please complete the [registration form](#) and return it with your \$250 deposit.
COST: \$475 - \$600, depending on accommodations; includes tuition, housing, and meals.

This retreat site has limited space and the retreat will be filled on a **first-come-first-served** basis.
Registration closes July 25, or earlier if the retreat fills.